

Good Times

FALL 2019

COURSE GUIDE

THE CITY OF
NORFOLK
RECREATION, PARKS & OPEN SPACE



BAY OAKS PARK

NORFOLK BOXING PG. 10



RECREATIONAL SPORTS PG. 11



VISUAL ARTS PG. 16



FROM THE RPOS DIRECTOR

We have exciting news to share! Norfolk Recreation, Parks & Open Space (RPOS) is a finalist for the 2019 National Gold Medal Awards for Excellence in Park and Recreation Management. The Gold Medal Award is the highest level of recognition for parks and recreation across the country. We are one of the few recreation departments in the state to receive this recognition and the only one in Hampton Roads. The American Academy for Park and Recreation Administration (AAPRA), in partnership with the National Recreation and Park Association (NRPA), present the award. Visit Norfolk.gov/play to check out our Gold Medal Award finalist video. We are proud to get recognition for what we do best – serving our residents and patrons!

RPOS is also one of only 169 parks and recreation agencies in the country and one of 11 in Virginia to have successfully achieved national accreditation through the Commission for Accreditation of Parks and Recreation Agencies (CAPRA). We are currently working on re-accreditation for 2022.

Be sure to check out our offerings for fall. We have a variety of classes in aquatics, dance, boxing, visual arts and more. Youth football, futsal and basketball are just a few options in athletics.

The fall is also a great time to plant a tree. Tree planting season in our region can be easily remembered as from Halloween through Valentine's Day. This fall-winter planting strategy allows roots to get established before the hot and dry summer months. If you would like to request the planting of one or more trees near your home, business, favorite park, or other public space, please contact Norfolk Cares at (757) 664-6510 or visit Norfolk.gov/requesttracker.aspx.

The benefits of tree planting include clean air and water, stormwater control, shade, cooler summer temperatures, beautification and more.



Let's #getoutandplay this fall season!

Sincerely,

Darrell R. Crittendon, CPRP
Director, Recreation, Parks & Open Space

Recreation Fee Changes

Effective July 1, 2018

ATTENTION

Youth (5-17) Athletic/Rec Card	General Rate	Power Up Rate
Resident	\$20	\$10
Non-resident	\$100	
Adult (18-64) Athletic/Rec Card	General Rate	Power Up Rate
Resident	\$50	\$20
Non-resident	\$100	
Family (adult + 3 or more)	General Rate	Power Up Rate
Resident	\$100	\$50
Daily facility entry	\$3	\$2
Adult Athletic Card	\$10	

FACILITIES INFORMATION

SEE PAGE 19 FOR
REGISTRATION DETAILS

RECREATION CENTERS

Bayview Recreation Center	●	441-1626	8613 Willow Terrace, 23503	
Berkley Community Center	●	441-1912	121 W. Liberty St., 23523	(Open Sat: 11a-4p)
Campostella Recreation Center	○	441-1974	1130 Leake St., 23523	
Captain's Quarters Recreation Center		441-1715	800 Little Bay Ave., 23503	(Open June-Aug)
Crossroads Community Center	●	965-9430	8019 Old Ocean View Rd., 23505	
E. Ocean View Community Center	●	441-1785	9520 E. 20th Bay St., 23518	(Open Sat: 11a-4p)
Fairlawn Recreation Center	●	441-5670	1014 Kempsville Rd., 23502	
Grandy Village Recreation Center	○	441-2117	3016 Kimball Terrace, 23504	
Huntersville Community Center	●	664-7430	830 Goff St., 23504	(Open Sat: 11a-4p)
Ingleside Recreation Center	○	441-5621	940 Ingleside Rd., 23502	
Lambert's Point Community Center	☆	423-1088	1251 W. 42nd St., 23508	(Open Sat: 11a-4p)
Merrimack Landing Recreation Center	○	441-1783	8809 Monitor Way, 23503	
Norview Community Center	☆	441-1440	6380 Sewells Point Rd., 23513	(Open Sat: 11a-4p)
Park Place Community Center	○	664-7531	606 W. 29th St., 23508	
Sherwood Forest Community Center	●	441-5824	4537 Little John Dr., 23513	
Southside Senior Center		664-6484	925 S. Main St., 23523	(Mon-Fri: 9a-6p)
Tarrallton Community Center	●	441-1765	2100 Tarrallton Dr., 23518	
Therapeutic Recreation Center	★	441-1764	180 E. Evans St., 23503	
Titustown Recreation Center	○	441-1259	7545 Diven St., 23505	
Young Terrace Community Center	●	441-2692	804 Whitaker Ln., 23510	

OPEN RECREATION HOURS

- M-Th: 6:30-9:30a, 2:30-8:00p; Fri: 6:30-9:30a, 2:30-6:00p
- M-Th: 2:30-8:00p; Fri: 2:30-6:00p
- M-Th: 2:30-8:00p; Fri: 2:30-6:00p; Sat: 11:00a-4:00p
- ☆ M-F: 10:00a-8:30p; Sat: 11:00a-4:00p
- ★ M: 9a-12:00p; 3-4:00p; T: 9-10:00a, 2:30-5:00p; W: 9a-12p, 2:30-4:00p; Th: closed; F: 11-12p, 3-5:00p
- M-Th: 9a-8:00p; F: 9a-6:00p; Sat: 11:00a-4:00p

INDOOR & OUTDOOR POOLS*

Huntersville Indoor Pool	664-7431	830 Goff St., 23504 (CLOSED 1P-3P, M-F)	INDOOR POOL HOURS OPEN 6:30A-8P M-F OPEN 7:30A-5P SAT
Norfolk Fitness & Wellness Center (NFWC)	823-4306	7300 Newport Ave., 23505	
Northside Indoor Pool	441-1760	8401 Tidewater Dr., 23518 (CLOSED 1P-3P, M-F)	
Southside Aquatic Center Indoor Pool	333-3281	1750 Campostella Rd., 23523 (CLOSED 1P-3P, M-F, CLOSED THURSDAY, OPEN SUNDAY 1P-5P)	

*Outdoor pools are open June 17 – September 2.

OTHER FACILITIES

Campostella Computer Resource Center	543-0876	1714 Mt. Vernon Ave., 23523	(Mon-Fri 10a-7p Sat 11a-4p)
Diggs Town Computer Resource Center	227-9915	1401 Melon St., 23523	(Mon-Fri 4p-7p)
Ingleside Community Gym	226-7102	960 Ingleside Rd., 23502	(Mon-Thur 4p-8p, Fri 4p-6p)
Lakewood Athletic Office	441-5834/5	1612 Willow Wood Dr., 23509	(M,W 9a-8p and T,TH,F 9a-6p)
Lakewood Dance & Music	441-5833	1612 Willow Wood Dr., 23509	(Call for specific hours)
Norfolk Boxing Center	823-1180	150 Park Ave., 23510	(Mon-Fri 6:30a-2p, 4p-7:30p)
Norfolk Fitness & Wellness Center (NFWC)	823-4301	7300 Newport Ave., 23505	(Mon-Fri 6:30a-8:15p, Sat 8a-4:45p)
Northside Skate Plaza	441-5834/5	8401 Tidewater Dr., 23518	(Sunrise to Sunset)
Oakleaf Computer Resource Center	227-9915	1704 Greenleaf Dr., 23523	(Mon-Fri 4p-7p)
Titustown Visual Arts Center	441-1227	7545 Diven St., 23505	(Call for specific hours)

AMERICAN RED CROSS LEARN TO SWIM

PARENT & CHILD AQUATICS 1

Ages 6 months-3 years • Participants are introduced to swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines that are familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all-the-while teaching them basic aquatic skills.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1010201-11	M,W	9/9-10/2	12:00-12:30p	\$25/\$38
------------	-----	----------	--------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1010201-01	Sa	9/14-11/2	12:00-12:30p	\$25/\$38
------------	----	-----------	--------------	-----------

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL

1010201-21	Sa	9/14-11/2	9:00-9:30a	\$25/\$38
------------	----	-----------	------------	-----------

PARENT & CHILD AQUATICS 2

Ages 6 months-3 years • Participants are introduced to swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines that are familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all-the-while teaching them basic aquatic skills. Parent and Child Aquatics Level 2 builds upon the skills learned in Level 1.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1010301-11	M,W	10/14-11/6	12:00-12:30p	\$25/\$38
------------	-----	------------	--------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1010301-01	Sa	9/14-11/2	12:30-1:00p	\$25/\$38
------------	----	-----------	-------------	-----------

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL

1010301-21	Sa	9/14-11/2	9:00-9:30a	\$25/\$38
------------	----	-----------	------------	-----------

PRESCHOOL AQUATICS 1

Ages 4-5 • Participants are introduced to swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the “fun” in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

LOCATION: HUNTERSVILLE INDOOR POOL

1010401-31	Tu,Th	9/10-10/3	5:00-5:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010401-32	Sa	9/14-11/2	9:00-9:45a	\$30/\$45
------------	----	-----------	------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1010401-11	M,W	9/10-10/2	4:00-4:45p	\$30/\$45
------------	-----	-----------	------------	-----------

1010401-12	Tu,Th	9/10-10/3	1:00-1:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010401-13	Sa	9/14-11/2	9:00-9:45a	\$30/\$45
------------	----	-----------	------------	-----------

1010401-14	M,W	10/14-11/6	4:00-4:45p	\$30/\$45
------------	-----	------------	------------	-----------

1010401-15	Tu,Th	10/15-11/7	1:00-1:45p	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1010401-01	M	9/9-10/28	5:00-5:45p	\$30/\$45
------------	---	-----------	------------	-----------

1010401-02	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL

1010401-21	Sa	9/14-11/2	9:00-9:45a	\$30/\$45
------------	----	-----------	------------	-----------

PRESCHOOL AQUATICS 2

Ages 4-5 • This level continues laying the foundation for developing water competency and further skill development. Preschool Aquatics Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1010501-11	M,W	9/9-10/2	5:00-5:45p	\$30/\$45
------------	-----	----------	------------	-----------

1010501-12	Tu,Th	9/10-10/3	1:00-1:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010501-13	Sa	9/14-11/2	9:00-9:45a	\$30/\$45
------------	----	-----------	------------	-----------

1010501-14	M,W	10/14-11/6	5:00-5:45p	\$30/\$45
------------	-----	------------	------------	-----------

1010501-15	Tu,Th	10/15-11/7	1:00-1:45a	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1010501-01	W	9/11-10/30	5:00-5:45p	\$30/\$45
------------	---	------------	------------	-----------

1010501-02	Sa	9/14-11/2	12:00-12:45p	\$30/\$45
------------	----	-----------	--------------	-----------

PRESCHOOL AQUATICS 3

Ages 4-5 • Preschool Aquatics Level 3 builds on the skills learned in Levels 1 and 2. Participants perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

010601-11	M,W	9/9-10/2	6:00-6:45p	\$30/\$45
-----------	-----	----------	------------	-----------

1010601-12	Tu,Th	9/10-10/3	4:00-4:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010601-13	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

1010601-14	M,W	10/14-11/6	6:00-6:45p	\$30/\$45
------------	-----	------------	------------	-----------

1010601-15	Tu,Th	10/16-11/7	4:00-4:45a	\$30/\$45
------------	-------	------------	------------	-----------

LEVEL 1: INTRODUCTION TO WATER SAFETY

Ages 6-15 • Participants are introduced to basic skills as the foundation for the development of water competency.

LOCATION: HUNTERSVILLE INDOOR POOL

1010701-31	Tu,Th	9/10-10/3	5:00-5:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010701-32	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1010701-11	Tu,Th	9/10-10/3	4:00-4:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010701-12	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

1010701-13	Tu,Th	10/15-11/7	4:00-4:45p	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1010701-01	M	9/9-10/28	6:00-6:45p	\$30/\$45
------------	---	-----------	------------	-----------

1010701-02	W	9/11-10/30	5:00-5:45p	\$30/\$45
------------	---	------------	------------	-----------

1010701-03	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL

1010701-21	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Ages 6-15 • Participants begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

LOCATION: HUNTERSVILLE INDOOR POOL

1010801-31	Tu,Th	9/10-10/3	5:00-5:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010801-32	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1010801-11	Tu,Th	9/10-10/3	5:00-5:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010801-12	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

1010801-13	Tu,Th	10/15-11/7	5:00-5:45p	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1010801-01	M	9/9-10/28	6:00-6:45p	\$30/\$45
------------	---	-----------	------------	-----------

1010801-02	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL

1010801-21	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LEVEL 3: STROKE DEVELOPMENT

Ages 6-15 • Participants learn to swim the front crawl and elementary backstroke, is introduced to the scissors and dolphin kicks, learns the survival float, treading water, and headfirst entries.

LOCATION: HUNTERSVILLE INDOOR POOL

1010901-31	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1010901-11	Tu,Th	9/10-10/3	5:00-5:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1010901-12	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

1010901-13	Tu,Th	10/15-11/7	5:00-5:45p	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1010901-01	M	9/9-10/28	5:00-5:45p	\$30/\$45
------------	---	-----------	------------	-----------

1010901-02	Sa	9/14-11/2	9:00-9:45a	\$30/\$45
------------	----	-----------	------------	-----------

1010901-03	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL

1010901-21	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LEVEL 4: STROKE IMPROVEMENT

Ages 6-15 • Participants are introduced to new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances.

LOCATION: HUNTERSVILLE INDOOR POOL

1011001-31	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1011001-11	Tu,Th	9/10-10/3	6:00-6:45p	\$30/\$45
------------	-------	-----------	------------	-----------

1011001-12	Tu,Th	10/15-11/7	6:00-6:45p	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1011001-01	W	9/11-10/30	6:00-6:45p	\$30/\$45
------------	---	------------	------------	-----------

1011001-02	Sa	9/14-11/2	9:00-9:45a	\$30/\$45
------------	----	-----------	------------	-----------

LEVEL 5: STROKE REFINEMENT

Ages 6-15 • Participants refine all six swimming strokes, introduce new water safety skills, and perform flip turns on the front and back. The expectations are higher now regarding distance and quality

LOCATION: NORTHSIDE SWIMMING POOL

1011101-01	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

LEVEL 6: FITNESS SWIMMER

Ages 6-15 • Participants refine swimming, physical fitness in the water and water safety skills. The expectations are quite high regarding distance and quality. Participants learn principles of training and how to evaluate their own level of fitness.

LOCATION: NORTHSIDE SWIMMING POOL

1011201-01	Sa	9/14-11/2	10:00-10:45a	\$30/\$45
------------	----	-----------	--------------	-----------

BEGINNER SWIMMING

Ages 16 & Up • Participants gain basic aquatic skills and develop swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants also learn skills and concepts needed to stay safe around water.

LOCATION: HUNTERSVILLE INDOOR POOL

1011302-31	Sa	9/14-11/2	12:00-12:45p	\$30/\$45
------------	----	-----------	--------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1011302-11	Tu,Th	9/10-10/3	12:00-12:45p	\$30/\$45
------------	-------	-----------	--------------	-----------

1011302-12	Tu,Th	10/15-11/7	12:00-12:45p	\$30/\$45
------------	-------	------------	--------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1011302-01	W	9/11-10/30	6:00-6:45p	\$30/\$45
------------	---	------------	------------	-----------

LOCATION: SOUTHSIDE AQUATICS CENTER INDOOR POOL

1011302-21	Sa	9/14-11/2	11:00-11:45a	\$30/\$45
------------	----	-----------	--------------	-----------

FITNESS FOR THE CASUAL SWIMMER

Ages 16 & Up • Take your casual swimming to a new level and build both strength and stamina while developing technique. Workouts will be tailored to the skill and level and physical goals of participants. Ages 16 and older. Must be able to swim 50 yards or one lap comfortably.

LOCATION: NORTHSIDE SWIMMING POOL

1011405-01	Sa	9/14-11/2	9:00-9:45a	\$30/\$45
------------	----	-----------	------------	-----------

WATER FITNESS PROGRAMS

H2LOW IMPACT

Ages 16 & Up • Low intensity workout in shallow water. Exercises that help improve joint flexibility and muscle strength.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1011502-11	M,W,F	10/2-10/30	11:00-11:50p	\$30/\$45
------------	-------	------------	--------------	-----------

1011502-12	M,W,F	11/1-11/27	11:00-11:50p	\$30/\$45
------------	-------	------------	--------------	-----------

1011502-13	M,W,F	12/2-12/30	12:00-12:50p	\$30/\$45
------------	-------	------------	--------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1011502-01	M,W,F	10/2-10/30	12:00-12:50p	\$30/\$45
------------	-------	------------	--------------	-----------

1011502-02	M,W,F	11/1-11/27	12:00-12:50p	\$30/\$45
------------	-------	------------	--------------	-----------

1011502-03	M,W,F	12/2-12/30	12:00-12:50p	\$30/\$45
------------	-------	------------	--------------	-----------

SHALLOW WATER FITNESS

Ages 16 & Up • Improve your cardiovascular health, flexibility, muscle tone and endurance. A medium intensity workout in shallow water. Water shoes are recommended.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1011602-11	M,W,F	10/2-10/30	8:00-8:50a	\$30/\$45
------------	-------	------------	------------	-----------

1011602-12	M,W,F	11/1-11/27	8:00-8:50a	\$30/\$45
------------	-------	------------	------------	-----------

1011602-13	M,W,F	12/2-12/30	8:00-8:50a	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1011602-01	M,W,F	10/2-10/30	9:00-9:50a	\$30/\$45
------------	-------	------------	------------	-----------

1011602-02	M,W,F	11/1-11/27	9:00-9:50a	\$30/\$45
------------	-------	------------	------------	-----------

1011602-03	M,W,F	12/2-12/30	9:00-9:50a	\$30/\$45
------------	-------	------------	------------	-----------

DEEP WATER FITNESS

Ages 16 & Up • Prerequisite: Tread water comfortably without a flotation device. Participants wear provided flotation belt for buoyancy. Enjoy a high-energy, non-impact cardiovascular workout in deep water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1011702-11	Tu,Th	10/1-10/31	9:00-9:50a	\$30/\$45
------------	-------	------------	------------	-----------

1011702-12	Tu,Th	11/5-11/26	9:00-9:50a	\$30/\$45
------------	-------	------------	------------	-----------

1011702-13	Tu,Th	12/3-12/26	9:00-9:50a	\$30/\$45
------------	-------	------------	------------	-----------

LOCATION: NORTHSIDE SWIMMING POOL

1011702-01	M,W,F	10/2-10/30	6:00-6:50p	\$30/\$45
------------	-------	------------	------------	-----------

1011702-02	M,W,F	11/1-11/27	6:00-6:50p	\$30/\$45
------------	-------	------------	------------	-----------

1011702-03	M,W,F	12/2-12/30	6:00-6:50p	\$30/\$45
------------	-------	------------	------------	-----------

COMPUTERS

BEG COMPUTER

Ages 55 & Up • Learn about computer parts, basic maintenance and the Windows 10 operating system. Basic typing skills emphasized. Instructed by C. King.

LOCATION: NORVIEW COMMUNITY CENTER

1020104-01	Tu,Th	9/10-11/14	10:00a-12:00p	\$25/\$38
------------	-------	------------	---------------	-----------

INT COMPUTER

Ages 55 & Up • Proficiency in Beg Computer Course or equivalent. Experiment with Microsoft 2013 programs, learn about computer's operating system, loading and unloading programs and drivers, folder organization, and, troubleshooting. Instructed by C. King.

LOCATION: NORVIEW COMMUNITY CENTER

1020204-01	M,W	9/9-11/18	10:00a-12:00	\$25/\$38
------------	-----	-----------	--------------	-----------

INTRO TO COMPUTING

Ages 18 & Up • Learn about computer parts, basic maintenance and the Windows 7 operating system. Basic typing skills emphasized and ethical uses of the Internet. Instructed by C. King.

LOCATION: NORVIEW COMMUNITY CENTER

1020305-01	M	9/9-11/18	6:00-8:00p	\$45/\$68
------------	---	-----------	------------	-----------

MICROSOFT EXCEL 2013

Ages 18 & Up • Pre-req: Proficiency Beg Computer Course or equivalent. Learn basic spreadsheet functions in Excel 2013, keyboard shortcuts and how to navigate the menu bars, customize ribbon options, and create formula. Instructed by C. King.

LOCATION: NORVIEW COMMUNITY CENTER

1020405-01	W	9/11-11/13	6:00-8:00p	\$45/\$68
------------	---	------------	------------	-----------

COMPUTERS (CONT.)

Registration begins 8/26

MICROSOFT POWER PT/PUBLISHER

Ages 18 & Up • Pre-req: Proficiency in Beg Computer Course or equivalent. Create Professional slide shows by importing pictures, graphics and video. Create your own publications for print/web. Instructed by C. King.

LOCATION: LAMBERTS POINT COMMUNITY CENTER

1020505-01	Tu	9/10-11/12	6:00-8:00p	\$45/\$68
------------	----	------------	------------	-----------

MICROSOFT WORD 2013 BASICS

Ages 18 & Up • Pre-req: Proficiency in Beg Computer Course or equivalent. Learn to use Microsoft Word 2013. Navigate Word ribbon menus, keyboard shortcuts, tables and borders. Introduction of flyer templates. Instructed by C. King.

LOCATION: NORVIEW COMMUNITY CENTER

1020605-01	Th	9/12-11/14	6:00-8:00p	\$45/\$68
------------	----	------------	------------	-----------

DANCE

BALLET COMPANY

Ages 12 & Up • Apprentice Level B or equivalent skills en pointe and exhibit correct placement. INSTRUCTOR PERMISSION REQUIRED. Instructed by K. Hill. No Class Nov 11.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030205-01	M	9/9-11/18	4:30-6:30p	\$60/\$90
1030205-02	W	9/11-11/13	4:30-6:00p	\$45/\$68

BALLET: BOYS

Ages 7 & Up • Athletic, fast paced Ballet for boys and men. Must take another full-length Ballet class to participate. Instructed by M. Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1033805-01	Tu	9/10-11/12	6:00-6:30p	\$13/\$19
------------	----	------------	------------	-----------

BALLET I

Ages 7-13 • Basic Ballet skills, attention to posture, stretching, and barre work. Instructed by S. Dean / M. Ortt. No Class Nov 11.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030301-03	Th	9/12-11/14	6:30-7:30p	\$32/\$48	
1030301-02	Sa	9/14-11/16	10:30-11:30a	\$32/\$48	
1030301-04	14 & Up	M	9/9-11/18	6:00-7:00p	\$32/\$48

BALLET II

Ages 7-13 • Ballet I or equivalent skills, emphasizes advanced barre work, center work. INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Dean. No Class Nov 11.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030401-01	Th	9/12-11/14	5:30-6:30p	\$32/\$48	
1030401-02	14 & Up	M	9/9-11/18	7:00-8:00p	\$32/\$48

BALLET III

Ages 8-13 • Pre-req. Ballet II or equivalent skills emphasizes advanced barre work, center work and Ballet skills. INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030501-01	Tu	9/10-11/12	5:00-6:00p	\$32/\$48
------------	----	------------	------------	-----------

BALLET IV

Ages 8-18 • Pre-req. Ballet III or equivalent skills, advanced barre work and center work. INSTRUCTOR PERMISSION REQUIRED. Instructed by M.Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030601-01	Sa	9/14-11/16	12:30-2:00p	\$45/\$68
------------	----	------------	-------------	-----------

BALLET V

Ages 11-18 • Pre-req. Ballet IV or equivalent skills, Second Ballet course per week recommended.

INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030701-01	Th	9/12-11/14	6:30-8:00p	\$45/\$68
------------	----	------------	------------	-----------

APP BALLET PRE-POINTE

Ages 8 & Up • Pre-req. Ballet V or equivalent skills, advanced barre work and Ballet skills. Must be enrolled in Ballet IV or higher. INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Dean.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030805-01	W	9/11-11/13	6:00-7:00p	\$32/\$48
------------	---	------------	------------	-----------

APP BALLET PTE/PARTNER

Ages 11 & Up • Pre-req. Ballet V or equivalent skills and 2 Ballet classes per week. Increase strength and coordination through beginning pointe work. INSTRUCTOR PERMISSION REQUIRED. Instructed by K. Hill.

LOCATION: LAKEWOOD DANCE AND MUSIC

1030905-01	F	9/13-11/15	4:00-5:00p	\$32/\$48
------------	---	------------	------------	-----------

BALLET CHOREOGRAPHY

Ages 9 & Up • INSTRUCTOR PERMISSION REQUIRED. Work with choreographers to prepare pieces for the December Dance Magic performance. *Class dates are; Oct. 19, 26 / Nov. 2, 9, 16. Instructed by K. Hill.

LOCATION: LAKEWOOD DANCE AND MUSIC

1031005-01	Sa	10/19-11/16	12:30-2:00p	\$25/\$38
------------	----	-------------	-------------	-----------

BELLY DANCE I

Ages 16 & Up • Explore the Ancient Art of Middle Eastern Belly Dance. Learn basic moves, warm-ups, isolations, choreography, and, self-expression. Instructed by S. Barnes.

LOCATION: NORVIEW COMMUNITY CENTER

1031105-01	Th	9/12-11/14	5:30-6:30p	\$32/\$48
------------	----	------------	------------	-----------

BELLY DANCE II

Ages 16 & Up • Pre-req: At least 3 sessions of Belly Dance I with regular attendance, and 1 performance recital. Technique, combinations, veil work, and, zils. AUDITION AND INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Barnes. No Class Nov 11.

LOCATION: LAKEWOOD DANCE AND MUSIC

1031205-01	M	9/9-11/18	7:00-8:00p	\$32/\$48
------------	---	-----------	------------	-----------

BELLY DANCE III

Ages 16 & Up • Pre-req: At least 6 sessions with regular attendance, 2 dance recitals, and proficiency in basic veil and zil technique while in Belly Dance II. AUDITIONS AND INSTRUCTOR PERMISSION REQUIRED. Instructed by S. Barnes.

LOCATION: LAKEWOOD DANCE AND MUSIC

1031305-01	Th	9/12-11/14	8:00-9:00p	\$32/\$48
------------	----	------------	------------	-----------

CREATIVE I

Ages 4-5 • Introduces children to self-awareness and expression, develops coordination, basic motor and social skills. Instructed by Ms. Cricket.

LOCATION: LAKEWOOD DANCE AND MUSIC

1031501-02	Tu	9/10-11/12	3:30-4:30p	\$32/\$48
------------	----	------------	------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1031501-03	W	9/11-11/13	3:30-4:30p	\$32/\$48
------------	---	------------	------------	-----------

LOCATION: NORVIEW COMMUNITY CENTER

1031501-04	Th	9/12-11/14	3:30-4:30p	\$32/\$48
------------	----	------------	------------	-----------

CREATIVE II

Ages 6-7 • Advancement only with INSTRUCTORS PERMISSION for promotion, in addition to 5yrs old with at least three sessions of Creative I, or, 6yrs old with at least one session of Creative I. Instructed by Ms. Cricket.

LOCATION: LAKEWOOD DANCE AND MUSIC

1031601-01	Tu	9/10-11/12	4:30-5:30p	\$32/\$48
------------	----	------------	------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1031601-02	W	9/11-11/13	4:30-5:30p	\$32/\$48
------------	---	------------	------------	-----------

LOCATION: NORVIEW COMMUNITY CENTER

1031601-03	Th	9/12-11/14	4:30-5:30p	\$32/\$48
------------	----	------------	------------	-----------

HAWAIIAN DANCE

Ages 16 & Up • Learn to Hula and tell the song's story with lovely hands and gentle hip sways in this class designed for women. Instructed by Ms. Cricket. No Class Nov 11.

LOCATION: LAKEWOOD DANCE AND MUSIC

1031805-01	M	9/9-11/18	10:00-11:00a	\$32/\$48
------------	---	-----------	--------------	-----------

FUSION LINE DANCE

Ages 16 & Up • Combo of Country, Zumba, Tap, Jazz, Ballet, Belly Dance... Learn all the basic moves. No experience needed. NOT A DANCE RECITAL PERFORMANCE CLASS. Instructed by Ms. Cricket. No Class Nov 11.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032605-01	M	9/9-11/18	11:00a-12:00p	\$32/\$48
------------	---	-----------	---------------	-----------

TAHITIAN CARDIO

Ages 16 & Up • Come circle, shimmy, bump, roll and drop your hips to the fast pace of drumming and other twanging & tinkling instruments. Exotic sounds of island music in bare feet. Instructed by Ms. Cricket.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1031705-01	W	9/11-11/13	5:30-6:30p	\$32/\$48
------------	---	------------	------------	-----------

HIP HOP YOUTH

Ages 7-10 • Enjoy learning the basic skills and tricks of the Hip Hop culture learning a variety of moments ranging from old school to new school. NO CLASS 10/05, 11/02. Instructed by J. Geter

LOCATION: LAKEWOOD DANCE AND MUSIC

1031901-01	Sa	9/21-11/16	10:00-11:00a	\$22/\$34
------------	----	------------	--------------	-----------

HIP HOP INTERMEDIATE

Ages 10-13 • Incorporate skills and tricks into the modern style of hip-hop. *INSTRUCTOR PERMISSION REQUIRED for 10 & under. Instructed by J. Geter

LOCATION: LAKEWOOD DANCE AND MUSIC

1031901-02	W	9/11-11/13	5:30-6:30p	\$32/\$48
------------	---	------------	------------	-----------

YOUTH JAZZ

Ages 7-12 • Enjoy learning basic Jazz Dance techniques in this high energy, fun and expressive dance of the Jazz genre. Instructed by J. Geter.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032101-01	Th	9/12-11/14	5:30-6:30p	\$32/\$48
------------	----	------------	------------	-----------

JAZZ INTERMEDIATE

Ages 10-16 • Enjoy learning the unique evolution of Jazz as you build on technique, exploring jumps, leaps and choreography from the 1930s to Modern Jazz. *Instructor Permission required for 12 & Under. Instructed by J. Geter.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032201-01	Th	9/12-11/14	4:30-5:30p	\$32/\$48
------------	----	------------	------------	-----------

JAZZ ADVANCE

Ages 13-19 • Enjoy learning the advanced skills and techniques of Modern Jazz. *Instructor Permission Required for 16 & Under. Instructed by J. Geter.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032301-01	Tu	9/10-11/12	6:00-7:30p	\$45/\$68
------------	----	------------	------------	-----------

JAZZ II ADULT

Ages 14 & Up • Pre-req: Completion of Jazz III or equivalent. INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032405-01	Th	9/12-11/14	8:00-9:00p	\$32/\$48
------------	----	------------	------------	-----------

LYRICAL DANCE

Ages 16 & Up • This class Requires Advance Dance Skills and strong commitment. AUDITION AND INSTRUCTOR PERMISSION REQUIRED. Instructed by J. Wozniak.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032705-01	Tu	9/10-11/12	7:30-9:00p	\$45/\$68
------------	----	------------	------------	-----------

MODERN DANCE INT/ADV

Ages 11 & Up • Participant must have at least 3 years ballet technique, modern, and contemporary.

INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1033505-01	Sa	9/14-11/16	9:15-10:30a	\$40/\$60
------------	----	------------	-------------	-----------

SOCIAL DANCE

Ages 16 & Up • Learn the steps to your favorite Ballroom Dances, such as, Cha Cha, Waltz, Rumba, etc. Partners encouraged. Instructed by A. Minter / S. Dean. No Class Nov 11.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032805-01	M	9/9-11/18	8:00-9:00p	\$32/\$48
------------	---	-----------	------------	-----------

TAP I / YTH

Ages 7-15 • Tap is easy to learn and a fun way to exercise. Develop a sense of rhythm in this beginning level class. Instructed by M. Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1032901-01	Sa	9/14-11/16	11:30a-12:30p	\$32/\$48
------------	----	------------	---------------	-----------

TAP II / ADU

Ages 16 & Up • Pre-req: Completion of Tap I or equivalent dance skills. Only Recital dance rehearsed.

INSTRUCTOR PERMISSION REQUIRED. Instructed by M. Ortt.

LOCATION: LAKEWOOD DANCE AND MUSIC

1033001-01	Tu	9/10-11/12	6:30-7:30p	\$32/\$48
------------	----	------------	------------	-----------

1033001-02	Th	9/12-11/14	11:00a-12:00p	\$32/\$48
------------	----	------------	---------------	-----------

FITNESS

30 MINUTE ABS

Ages 15 & Up • Focusing on the upper, lower and side abdominal muscles, participate in exercises design to increase torso strength and reduce lower back strain.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040205-01	Tu	9/10-11/12	7:00-7:30p	\$13/\$20
------------	----	------------	------------	-----------

1040205-02	W	9/11-11/13	7:30-8:00p	\$13/\$20
------------	---	------------	------------	-----------

1040205-03	Th	9/12-11/14	7:00-7:30p	\$13/\$20
------------	----	------------	------------	-----------

AQUA FITNESS

Ages 15 & Up • Water exercise is an excellent way to a fit and healthy body. Classes are designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and resistance the water creates.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040305-02	Tu	9/10-11/12	6:30-7:30p	\$25/\$38
------------	----	------------	------------	-----------

1040305-01	Th	9/12-11/14	12:00-1:00p	\$25/\$38
------------	----	------------	-------------	-----------

AQUA ZUMBA

Ages 15 & Up • Aqua Zumba offers a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating beyond belief. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during this class. Come join the party.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040405-02	F	9/13-11/15	5:30-6:30p	\$30/\$43
------------	---	------------	------------	-----------

1040405-01	M	9/9-11/11	12:00-1:00p	\$30/\$43
------------	---	-----------	-------------	-----------

BOOT CAMP

Ages 15 & Up • Boot camp is a fun, innovative way to lose fat and build muscle. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push and pull your way to a better body.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040505-01	M,W	9/9-11/13	6:00-6:45p	\$50/\$75
------------	-----	-----------	------------	-----------

LOW IMPACT BOOT CAMP

Ages 15 & Up • If you love Boot Camp style classes but need one with minimal joint stress, give this class a try. Boot Camp is an exciting exercise class that will continue to challenge your body each week.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040605-011	M	9/9-11/11	6:30-7:30p	\$25/\$38
-------------	---	-----------	------------	-----------

GET ON THE BALL

Ages 15 & Up • This stability ball exercise class focuses on increasing joint mobility, flexibility, coordination, balance and strength. The stability ball is an excellent way to strengthen your core and allow you to use multiple muscle groups at the same time.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040705-01	M	9/9-11/11	5:30-6:30p	\$25/\$38
------------	---	-----------	------------	-----------

LOW IMPACT MIX

Ages 15 & Up • Experience the traditional aerobic workout with minimal joint stress using a mixture of cardiovascular training methods such as tabata, step and interval training.

LOCATION: LAKEWOOD DANCE AND MUSIC

1040805-01	W	9/11-11/13	9:30-10:30a	\$25/\$38
------------	---	------------	-------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040805-02	W	9/11-11/13	5:30-6:30p	\$25/\$38
------------	---	------------	------------	-----------

1040805-03	Sa	9/14-11/16	9:30-10:30a	\$25/\$38
------------	----	------------	-------------	-----------

PILATES 1

Ages 15 & Up • Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates® exercises teach breathing awareness and alignment of the spine with the aim to strengthen the deep torso muscles. Stretch bands will be used during this class and are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1040905-01	F	9/13-11/15	7:00-8:00p	\$25/\$38
------------	---	------------	------------	-----------

PILATES 2

Ages 15 & Up • Prerequisite: Completion Pilates I or equivalent Pilates abilities. Equipment: Bring exercise mat to each class. Continue to perform exercises learned in Pilates I while adding more challenging elements to your routine. Stability balls and stretch bands will be used during this class. Bands are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041005-02	F	9/13-11/15	5:00-6:00p	\$25/\$38
------------	---	------------	------------	-----------

1041005-01	M	9/9-11/11	5:30-6:30p	\$25/\$38
------------	---	-----------	------------	-----------

STEP AEROBICS

Ages 15 & Up • This is a progressive class. While some modifications are offered, be advised that some choreography is advanced. Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping. Benches are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041205-01	Tu	9/10-11/12	6:00-7:00p	\$25/\$38
------------	----	------------	------------	-----------

1041205-02	Sa	9/14-11/16	8:30-9:30a	\$25/\$38
------------	----	------------	------------	-----------

TONING WITH RESISTANCE

Ages 15 & Up • Tone and strengthen major muscle groups using free weights, bands and other methods. Lighter weights (with higher repetitions) as opposed to heavier weights (with lower repetitions) are utilized in an effort to strengthen muscles rather than bulking up. Equipment will be provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041305-01	W	9/11-11/13	6:30-7:30p	\$25/\$38
------------	---	------------	------------	-----------

WARRIORS FITNESS

Ages 15 & Up • This class combines intense strength training with vigorous cardiovascular training that will push you till the very last rep. Circuit training; functional fitness techniques and mat exercises will be part of each workout.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041405-01	Tu,Th	9/10-11/14	6:45-7:30a	\$50/\$75
------------	-------	------------	------------	-----------

WOMEN ON WEIGHTS

Ages 15 & Up • WOW is a class where women get one-on-one strength training with a Certified Personal Trainer in a group setting. This highly interactive class encourages confidence and teaches women to be comfortable in the gym setting.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041505-01	Tu,Th	9/10-11/14	6:00-7:00p	\$50/\$75
------------	-------	------------	------------	-----------

INTRO TO YOGA

Ages 15 & Up • Learn proper breathing and relaxation techniques while performing flexibility exercises and asanas (poses) to enhance posture and increase range of motion. Individuals with physical limitations can do yoga as modifications can be made to exercises to allow for participation. These modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041605-01	Tu	9/10-11/12	4:00-5:00p	\$25/\$38
------------	----	------------	------------	-----------

1041605-02	F	9/13-11/15	6:00-7:00p	\$25/\$38
------------	---	------------	------------	-----------

YOGA 1

Ages 15 & Up • Equipment: Bring exercise mat and yoga blocks to each class. Learn proper breathing techniques while performing flexibility exercises and asanas(poses) to enhance posture and increase range of motion. Individuals with physical limitations can do yoga as modifications can be made to exercises to allow for participation. These modifications will be demonstrated

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041705-01	Th	9/12-11/14	4:30-5:30p	\$25/\$38
------------	----	------------	------------	-----------

YOGA 2

Ages 15 & Up • Continue to perform proper breathing and relaxation techniques learned in Yoga I while adding more challenging postures to your routine. Modifications can be made to exercise to allow for participation by individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041805-01	M	9/9-11/11	6:30-7:30p	\$25/\$38
------------	---	-----------	------------	-----------

YOGA 3

Ages 15 & Up • Prerequisite: Completion of Yoga I and II. Instructor permission required. Equipment: Bring exercise mat and yoga blocks to each class. Continue to perform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to your routine. Continue to perform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to your routine.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1041905-01	F	9/13-11/15	4:00-5:00p	\$25/\$38
------------	---	------------	------------	-----------

ZUMBA

Ages 15 & Up • Lose pounds and inches, trim and tone every muscle in your body, and burn more than 700 calories in this party-style workout. Zumba is a Latin-inspired dance workout set to Latin and international music. By utilizing the move and temp of Latin dance, Zumba provides a fun workout experience.

LOCATION: LAKEWOOD DANCE AND MUSIC

1042105-01	Th	9/12-11/14	9:30-10:30a	\$25/\$38
------------	----	------------	-------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1042105-02	M	9/9-11/11	5:30-6:30p	\$25/\$38
------------	---	-----------	------------	-----------

ZUMBA GOLD

Ages 15 & Up • Zumba Gold is a class designed for the mature active adult population and for those just beginning an exercise program. This workout is a wonderful way to become active, remain active and enjoy dancing.

LOCATION: LAKEWOOD DANCE AND MUSIC

1042205-01	Tu	9/10-11/12	9:30-10:30a	\$25/\$38
------------	----	------------	-------------	-----------

1042205-02	F	9/13-11/15	10:30-11:30a	\$25/\$38
------------	---	------------	--------------	-----------

ZUMBA MIX

Ages 15 & Up • This class incorporates Latin dance, kickboxing, and martial arts with aerobic exercise to gain flexibility, strength, endurance, and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE AND MUSIC

1042305-01	F	9/13-11/15	9:30-10:30a	\$25/\$38
------------	---	------------	-------------	-----------

\$5 Late fee applies to registration 7 days or less prior to class start date.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1042305-02	Th	9/12-11/14	6:00-7:00p	\$25/\$38
------------	----	------------	------------	-----------

FUNCTIONAL FITNESS

Ages 15 & Up • Functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying objects or playing sports

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1042405-01	Tu	9/10-11/12	6:00-6:45p	\$25/\$38
------------	----	------------	------------	-----------

CORE AND BALANCE

Ages 15 & Up • Core and Balance is a low impact class for all ages and fitness levels. It focuses on the all-important “core muscles” which are critical for flexibility and balance. The class helps you build strength and flexibility and results in an improved posture and a strong, lean, body.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1042505-01	Th	9/12-11/14	9:00-9:45a	\$25/\$38
------------	----	------------	------------	-----------

KETTLE BELLS

Ages 15 & Up • This class will focus on kettle bell movements and skills. Develop core strength, cardiovascular endurance, and balance.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1042605-01	Tu	9/10-11/12	5:30-6:30p	\$25/\$38
------------	----	------------	------------	-----------

DEEP STRETCH

Ages 15 & Up • This class will teach fundamentals for stretching. Small and large muscle groups of the body engaged to increase flexibility by using breathing to relax and stretch muscles.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1042705-01	W	9/11-11/13	5:30-6:30p	\$25/\$38
------------	---	------------	------------	-----------

MUSIC

GIUITAR: BEGINNER

Ages 7-10 • 11 & Up Bring an acoustic or electric guitar to learn basic beginner guitar skills. Lesson materials cost approximately \$11.00. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1050205-01	<u>Ages 7-10</u>	Tu	9/10-11/12	6:00-6:30p	\$32/\$48
1050205-02	<u>Ages 7-10</u>	W	9/11-11/13	5:30-6:00p	\$32/\$48
1050205-03	<u>Ages 11&Up</u>	W	9/11-11/13	6:00-7:00p	\$37/\$56

GIUITAR: HOMESCHOOL BEGINNER

Ages 7-12 • Bring an acoustic or electric guitar to learn basic beginner skills. Materials cost approximately \$11.00. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1052401-01	Tu	9/10-11/12	2:00-2:30p	\$32/\$48
------------	----	------------	------------	-----------

GIUITAR: ADV. BEG. I

Ages 8-12 • Prerequisite: Must know 3 of the 5 basic chord shapes (AED); where they are on the first three strings; able to switch from chord to chord. Bring acoustic or electric guitar. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1050301-01	Th	9/12-11/14	5:30-6:00	\$32/\$48
------------	----	------------	-----------	-----------

GIUITAR: ADV. BEG. II

Ages 8-12 • Prerequisite: Completion of at least one session of Advanced Beginner Guitar I. Equipment: Acoustic or electric guitar. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1050401-01	Th	9/12-11/14	6:00-6:30p	\$32/\$48
------------	----	------------	------------	-----------

GIUITAR: INTERMEDIATE

Ages 11 & Up • Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position. Equipment: Acoustic or electric guitar. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1050505-01	W	9/11-11/13	7:00-8:00p	\$37/\$56
------------	---	------------	------------	-----------

PIANO: BEGINNER

Ages 7-11 • Ages 12 & Up Lesson materials cost approximately \$20.00. A list of required materials is provided by instructor at first class.

LOCATION: LAKEWOOD DANCE AND MUSIC

1050605-03	<u>Ages 7-11</u>	W	9/11-11/13	5:30-6:00p	\$32/\$48
------------	------------------	---	------------	------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

1050605-01	<u>Ages 7-11</u>	M	9/9-11/18	6:00-6:30p	\$32/\$48
1050605-02	<u>Ages 7-11</u>	W	9/11-11/13	5:00-5:30p	\$32/\$48
1050605-04	<u>Ages 12&Up</u>	M	9/9-11/18	10:00-11:00a	\$37/\$56
1050605-05	<u>Ages 12&Up</u>	M	9/9-11/18	7:00-8:00p	\$37/\$56

PIANO: PRELUDE

Ages 7-11 • Prerequisite: Students must have completed one session of Youth Beginner Piano and be using the Piano Pronto Prelude Book. Materials cost approximately \$10.00.

LOCATION: LAKEWOOD DANCE AND MUSIC

1050701-05	W	9/11-11/13	6:00-6:30p	\$32/\$48
------------	---	------------	------------	-----------

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

1050701-01	M	9/9-11/18	6:30-7:00p	\$32/\$48
1050701-02	Tu	9/10-11/12	5:30-6:00p	\$32/\$48
1050701-03	Tu	9/10-11/12	6:00-6:30p	\$32/\$48
1050701-04	W	9/11-11/13	4:30-5:00p	\$32/\$48

PIANO: MOV. I & II

Ages 7-13 • Prerequisite: Completion of Piano Pronto Prelude. Students must be using Piano Pronto Movt. I or II by Eklund.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

1050801-01	M	9/9-11/18	5:30-6:00p	\$32/\$48
1050801-02	W	9/11-11/13	5:30-6:00p	\$32/\$48
1050801-03	Th	9/12-11/14	6:00-6:30p	\$32/\$48

PIANO: PREL/MVT. I/II

Ages 12 & Up • Prerequisite: Must have completed one session of Beginner Piano and be using the Piano Pronto Prelude Book, Piano Pronto Movement I Book or the Piano Pronto Movement II Book. Materials cost approximately \$10.00. Instructed by Amber Garrett.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

1050905-01	Tu	9/10-11/12	12:30-1:30p	\$37/\$56
1050905-02	Tu	9/10-11/12	7:00-8:00p	\$37/\$56

PIANO: MVT. III & IV

Ages 8-14 • Instructed by Kathleen Murphy.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 310)

1051001-01	W	9/11-11/13	3:30-4:00p	\$32/\$48
------------	---	------------	------------	-----------

UKULELE: BEGINNER

Ages 9 & Up • Equipment: ukulele. Learn to tune your ukulele, play songs using easy chords, the music alphabet, and to interpret chords and scales (note reading not required). Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1051105-01	Tu	9/10-11/12	6:30-7:00p	\$32/\$48
------------	----	------------	------------	-----------

UKULELE: HOMESCHOOL BEGINNER

Ages 7-12 • Equipment: ukulele. Learn to tune your ukulele, play songs using easy chords, the music alphabet, and to interpret chords and scales (note reading not required). Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1052501-01	Th	9/12-11/14	2:30-3:00p	\$32/\$48
------------	----	------------	------------	-----------

MUSIC

UKULELE: BEYOND BEGINNER

Ages 9 & Up • Bring your ukulele and build on your ukulele foundation. Learn fun, slightly challenging songs in jazz, blues, country, pop, classical, and, Americana. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1051205-01 Tu 9/10-11/12 7:00-7:30p \$32/\$48

UKULELE: ADVANCED BEGINNER

Ages 11 & Up • Bring your ukulele, move beyond the basics with moveable four-fingered and barred chords and expand your repertoire of right-hand strumming and picking styles. Must have completed Beyond Beginner Ukulele or have instructor permission. Instructed by Amy Ferebee

LOCATION: NORFOLK FITNESS & WELLNESS CENTER ROOM 312)

1052905-01 Tu 9/10-11/12 7:30-8:00p \$32/\$48

VOICE: VARIETY

Ages 11 & Up • Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing. Instructed by Amber Garrett.

LOCATION: LAKEWOOD DANCE AND MUSIC

1051305-01 W 9/11-11/13 7:00-8:00p \$37/\$56

WORKSHOP: JAM SESSION

Ages 13 & Up • Have fun playing music with others by learning to interact and communicate rhythms and simple music theory. Bring your own instrument. All instruments and voices welcome as group creates interesting textures with simple well known songs and original compositions. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (ROOM 312)

1052605-01 Sa 10/5 10:00-11:00a \$4/\$6

WORKSHOP: UKULELE STRUM ALONG

Ages 13 & Up • Have fun strumming your ukulele and singing easy songs ranging from traditional and modern genres. Participants should know some basic chords (C-F-G-Am, D-G-A-Bm, G-C-D-Em, A-D-E-F#m) and be "Beyond Beginner" - "Advanced" level. Instructed by Amy Ferebee.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1051905-01 Sa 10/19 10:00-11:00a \$4/\$6

PRIVATE MUSIC LESSONS

AVAILABLE FOR AGES 7 & UP

REGISTRATION DEADLINE: AUGUST 30TH

Private lessons are available at any level for piano, voice, guitar (acoustic and electric), bass guitar, strings (violin, viola, cello, sting bass), banjo, mandolin, harmonica, lap dulcimer and ukulele. Classes fill quickly; register early.

Private lessons are held at Lakewood Dance & Music Center and Norfolk Fitness & Wellness Center (Rm. 310 or 312). Register in person at the Lakewood Dance & Music Center or online at norfolk.gov/play. Ten week courses meet 10 times and cost \$110. Norfolk residents only. See page ____ for additional registration details. Missed classes cannot be rescheduled or refunded.

M: 9/9-11/18 Note: No class Nov 11

Tu: 9/10-11/12

W: 9/11-11/13

Th: 9/12-11/14

F: 9/13-11/15

NORFOLK BOXING

BEGINNER BOXING

Ages: 8 & up • Introduction to the basics of boxing: Stance, straight line & circle movement, & the four basic punches to head & body.

LOCATION: NORFOLK BOXING CENTER

1043105-01 M-Th 9/9 - 11/14 5:00-6:00pm \$50/\$75

INTERMEDIATE BOXING

Ages: 8 & up • This is a follow-on to Beginner Boxing. Focus on refining those skills plus: combinations, & defenses against the four basic punches.

LOCATION: NORFOLK BOXING CENTER

1043205-01 M-Th 9/9 - 11/14 5:30-7:30pm \$50/\$75

LITTLE WARRIORS

Ages: 6-7 • Introductory boxing & fitness fun with class sizes of 7 participants per session.

LOCATION: NORFOLK BOXING CENTER

1043505-01 F 9/13 - 11/15
Session 1: 4:30-5:00pm
Session 2: 5:00-5:30pm \$20/\$30

WARRIOR-FIT

Ages: 15 & up • Intense functional strength training & metabolic conditioning to maximize muscular/ cardiovascular fitness, mobility, flexibility, & mental toughness in a tough but fun group atmosphere.

LOCATION: NORFOLK BOXING CENTER

1043305-01 TU/TH 9/10 - 11/14 6:45am - 7:30am \$35/\$50

CARDIO-BOXX

Ages: 15 & up • Intense functional strength training & metabolic conditioning & boxing techniques to maximize muscular/cardiovascular fitness, mobility, flexibility, & mental toughness in a tough but fun group atmosphere.

LOCATION: NORFOLK BOXING CENTER

1043405-01 M/W/F 9/9 - 11/15 12:00pm - 12:45pm \$35/\$50

ANNUAL PASSES:

TEAM NORFOLK

Ages: 8-40 • Competitive amateur boxing team.

LOCATION: NORFOLK BOXING CENTER

M - F 5:30pm - 7:30pm \$10/\$50 (annual fee)

FITNESS PASS

Ages: 15 & up • Use of fitness area between 6:30am-2pm and boxing area between 12-2pm

LOCATION: NORFOLK BOXING CENTER

M - F 6:30am - 2:00pm \$60/\$125 (annual fee)

ONE-TIME PASSES:

PERSONAL TRAINING / PRIVATE BOXING LESSON

Ages: 15 & up (Personal Fitness Training) / 5 & up (Boxing) • One-on-one training designed to achieve your fitness goals or boxing goals at a time of your choosing.

LOCATION: NORFOLK BOXING CENTER

M - F 6:30am - 2:00pm \$30/hour

TEAM BUILDING / CAMP SESSION(S)

Ages: 8 & up • Directed boxing / fitness session designed to provide a fun, challenging fitness & boxing session(s).

LOCATION: NORFOLK BOXING CENTER

M - F 6:30am - 2:00pm \$5/person/hour

RECREATIONAL SPORTS

Registration begins 8/26

ADULT FALL SOFTBALL

Ages 18 & Up • REGISTRATION JULY 1, 2019 – AUGUST 2, 2019

LOCATION: VARIOUS

SENIOR DIVISION MEN 40 AND OVER

1060602-01	M	8/19-11/18	6:45-11:30p	\$400
------------	---	------------	-------------	-------

MEN DUFFER DIVISION

1060602-02	Tu	8/20-11/19	6:30-11:30p	\$400
------------	----	------------	-------------	-------

MEN HYBRID TUESDAY

1060602-09	Tu	8/20-11/19	6:30-11:30p	\$400
------------	----	------------	-------------	-------

MEN A UPPER DIVISION

1060602-03	W	8/21-11/20	6:30-11:30p	\$400
------------	---	------------	-------------	-------

WOMEN OPEN DIVISION

1060602-04	W	8/21-11/20	6:30-11:30p	\$300
------------	---	------------	-------------	-------

MEN DUFFER THURSDAY DIVISION

1060602-06	Th	8/22-11/21	6:30-11:30p	\$400
------------	----	------------	-------------	-------

MEN HYBRID THURSDAY DIVISION

1060602-10	Th	8/22-11/21	6:30-11:30p	\$400
------------	----	------------	-------------	-------

COED HYBRID DIVISION

1060602-07	F	8/23-11/22	6:30-11:30p	\$400
------------	---	------------	-------------	-------

COED DUFFER DIVISION

1060602-08	F	8/23-11/22	6:30-11:30p	\$400
------------	---	------------	-------------	-------

TO REGISTER: Call 441-5834 or email rposathletics@norfolk.gov for details.

NOTE: a \$25 fee will apply for all teams that drop after the deadline.

UPCOMING YOUTH SPORTS

YOUTH FOOTBALL

Boys and Girls ages 5-15

Team Registration: July 1, 2019 – August 9, 2019

Season Starts: Saturday, August 24, 2019

INDOOR FUTSAL

Boys and Girls 5-16

Team Registration: September 9, 2019 – October 18, 2019

Season Starts: Saturday, November 2, 2019

YOUTH BASKETBALL

Boys and Girls 5-16

Team Registration November 25, 2019 – December 23, 2019

Season Starts Saturday, January 11, 2020

To find a team near you, please contact the Lakewood Athletic Office at 757-441-5834

All players are required to have a Facility Use/Athletic I.D. Card.

*Additional registration fees may apply and are determined by team's affiliate athletic association.

Additional information the athletics email address is rposathletics@norfolk.gov

NO CLASSES 11/11/2019

SENIORS

Senior adults can take any adult course listed in Good Times. However, senior adult courses are only available to individuals ages 55 or better, unless otherwise noted. Age has its privileges!

NOTE: Senior Club event calendars are available at each club location. See page 3 for facility addresses and phone numbers.

NORFOLK SENIOR CLUBS

Meeting locations, days and times at a glance.

LOCATIONS	DAYS	DATES	TIMES
Huntersville Recreation Center	Tu	Sep-May	11a-1p
Ingleside Recreation Center	W	year round	10a-12p
Norview Community Center	W	Sep-May	11a-2p
Sherwood Forest Comm Center	Th	Sep-May	10a-1p
Tarrallton Recreation Center	F	year round	11a-1p
Titustown Recreation Center	Tu/Th	year round	10a-2p

SOUTHSIDE SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
Tu	Ongoing	Secret Garden Workshop	10a
Tu	Ongoing	Crochet Class	11a
Tu	Ongoing	Book Club Discussion Group	11a
Tu	4th Tues.	Triad Senior Safety Meeting (NFWC)	2pm
W	2nd Tues.	Senior Club Meeting	11a
W	3rd Wed	Caring Seniors of S. S. Social	1a
W	Ongoing	Chair Cardio	11a
Th	Ongoing	Morning Joe & Trivia	9a
Th	Ongoing	Ceramics Workshop	10a
Th	Ongoing	Enrichment Fellowship	10a
F	Ongoing	Game Day Social	11a
F	Ongoing	Wellness Walkers	1pm
F	3rd Fri.	Birthday Shout Out Social	12n

SENIOR SOCIAL BOWLING CLUB

Cost Includes 3 games, plus shoe rental – Cash or checks accepted

AMF Bowling Lanes	M, Ongoing	9:30am - 1:00pm	\$9.50
-------------------	------------	-----------------	--------

CERAMICS

Learn techniques and develop skills in decorating and glazing ceramics. Students must purchase their own supplies. Call (757) 664-6484 for the supply list. \$35 estimated supply cost.

Register by 11/8/18.

360101-03, Southside SC	Th, 1/10-3/14	10-11:30am	\$20/\$30
-------------------------	---------------	------------	-----------

Stay Connected!



Instagram
@NorfolkRPOS



facebook
@NorfolkRPOS



Stay Informed about Norfolk Recreation, Parks and Open Space Events, Programs and Services!


EAST OCEAN VIEW SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
Tu	Ongoing	Social Hour/Crocheting/Knitting	10a
Tu	Ongoing	Exercising	10:30a
Tu	Ongoing	Line Dancing	11a
Tu	Ongoing	Billiards and table games	1pm-5pm
W	Ongoing.	60+ Meeting	11a
W	Ongoing	Canasta	11a
W	Ongoing	Bingo/social	1pm-5pm
Th	Ongoing	Billiards, Exercises & quilting	10a
Th	Ongoing	Table Tennis	2pm-5pm
F	Ongoing	Bridge	10a
F	Ongoing	Table Tennis	1pm-5pm
F	Ongoing	Cards/Open games	1pm-5pm

(SEE ADDITIONAL SENIOR EVENTS ON PAGE 18)

Looking for an outdoor venue
for a special event?

Book a Picnic Shelter Today!



Call 757-441-5834 for
availability

<p>Resident Fee: \$125 (Full Day) or \$100 (Half Day) Non-Resident Fee: \$250 (Full Day) or \$200 (Half Day)</p>	<p>Available Parks: Barraud Park, Lafayette Park, Lakewood Park, Northside Park, and Poplar Hall</p>
--	---

Special thanks to our Norfolk Park Rangers for keeping
our picnic shelters clean, safe and enjoyable!

TEENS WITH A PURPOSE

Teens Creatively Cultivating the Next Generation of Leaders

Join Teens With a Purpose (TWP) for free events at the Vivian C. Mason (VCM) Teen Center. Teens With a Purpose develops teens to be peer leaders who together with their adult support team help youth grow into competent, healthy people and develop to their fullest potential.

FALL @ VCM TEEN CENTER AGES 12-19 YEARS OLD

Monday - Teen Gathering: Make new friends, develop your talents, become a leader. Mondays enjoy various arts and leadership workshops, bonding and a meal.

Tuesday - Poetry, Rap & Recording Sessions: Develop, edit, perform and record your own original creations in the Teens With a Purpose Music Studio. Participants experience will be guided by established teaching artist in the field of music production and performance poetry/rap.

Wednesday - Gardening, Visual Arts & HealthE Living: Got a green thumb? Teens plant, nurture and harvest produce and flowers in the Safe Creative Community Garden; explore the world of visual arts or get moving with dance and step workshops. All these activities alternate on Wednesdays.

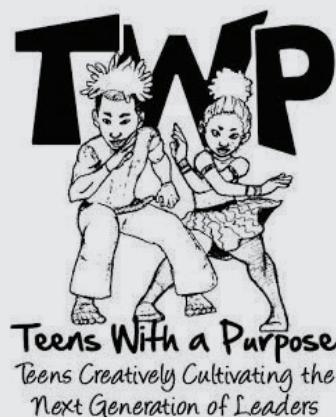
Thursdays - Members Decide Thursdays teen decide between movies, board and video games, sports or read and relax or on Youth Circles Thursdays teen circle up with their mentors for closed conversations, includes dinner, games and give-aways!

Weeknight programs also include: Visual art, gardening, hip hop yoga, community yoga, Youth Circle-group talk and a teen open mic.

2019 TWP Gala & Move Maker Awards

November 7th, 2019, Chrysler Museum. Celebrate youth in Hampton Roads and their Mentors who have beaten the odds and triumphed over adversity. Nominate a youth today at www.twpthemovement.org

All located at Vivian C. Mason Teen Center, 700 E. Olney Rd., Norfolk, VA 23504. For more information on these events and programs call (757) 747-2679 or visit www.TWPTTheMovement.org



THERAPEUTIC RECREATION

Programs for
individuals with
disABILITIES!

Registration begins 8/26

SPECIAL EVENTS

(Call 441-1764 for more info.)

FALL FESTIVAL 🚌

Ages 18 & Up • Enjoy an afternoon of fall festivities & warm food!

LOCATION: THERAPEUTIC RECREATION CENTER

1080005-01	F	9/27	4:00-6:00p	9/20	\$20/\$20
------------	---	------	------------	------	-----------

HALLOWEEN PARTY 🚌

Ages 18 & Up • Join us for a Halloween dance & dinner. Dress in your best Halloween costume.

LOCATION: THERAPEUTIC RECREATION CENTER

1080105-01	F	10/25	6:00-8:00p	10/18	\$20/\$20
------------	---	-------	------------	-------	-----------

THANKSGIVING FEAST 🚌

Ages 18 & Up • Spend time with friends, old & new, around a thanksgiving meal!

LOCATION: THERAPEUTIC RECREATION CENTER

1080205-01	W	11/20	12:00-2:00p	11/13	\$15/\$15
------------	---	-------	-------------	-------	-----------

HOLLY JOLLY 🚌

Ages 18 & Up • Join us for an evening of merriment to include dancing, sing-a-long, dinner & gift exchange. Wear a festive outfit & bring a \$5 wrapped gift for the gift exchange.

LOCATION: THERAPEUTIC RECREATION CENTER

1086005-01	F	12/6	6:00-8:00p	11/27	\$15/\$15
------------	---	------	------------	-------	-----------

CHRISTMAS PARTY **NEW!** 🚌

Ages 18 & Up • Enjoy contemporary Christmas music along with a festive meal. Create an ornament to take home.

LOCATION: THERAPEUTIC RECREATION CENTER

1080305-01	M	12/16	11:00a-1:00p	12/9	\$20/\$20
------------	---	-------	--------------	------	-----------

CHILDREN & TEEN PROGRAMS

ALLEY CATS

Ages 6-19 • Learn the basics of bowling. Adaptive equipment is available if needed. Bring \$4 CASH each week. Shoe rental included.

LOCATION: AMF LITTLE CREEK LANES

1080405-01	Tu	9/10-11/12	5:15-6:15p	9/3	\$15/\$23
------------	----	------------	------------	-----	-----------

ALL ABOUT NAILS

Ages 13 & Up • Experiment with colors & designs while learning basic nail care & maintenance. \$5 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1080505-01	W	9/11-10/9	4:00-4:50p	9/4	\$20/\$30
------------	---	-----------	------------	-----	-----------

GUITAR LEVEL I

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes.

LOCATION: THERAPEUTIC RECREATION CENTER

1080605-01	W	9/11-11/13	5:00-5:45p	9/4	\$15/\$23
------------	---	------------	------------	-----	-----------

GUITAR LEVEL II

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn full chords to play familiar tunes. Must be able to play chords that are not modified.

LOCATION: THERAPEUTIC RECREATION CENTER

1080705-01	Th	9/12-11/14	5:30-6:15p	9/5	\$15/\$23
------------	----	------------	------------	-----	-----------

KID'S CRAFTERS **NEW!**

Ages 6-19 • Get together for an afternoon of crafting great treasures to take home. \$15 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085805-01	Tu,Th	11/19, 11/21	5:00-6:00p	11/12	\$22/\$33
------------	-------	--------------	------------	-------	-----------

OLDER TEEN & ADULT PROGRAMS

AQUACISE III 🚌

Ages 18 & Up • Prereq: Must be able to engage in aerobic exercise for at least 30 min. and dress/toilet

independently. No swimming skills necessary, but must be comfortable standing in water 4'-6' deep unassisted. Swimsuits required. Class will combine high-intensity cardio exercises & plyometric power moves. Increase mobility & muscle tone during this shallow and deep-water workout. No class 11/11.

LOCATION: NORTHSIDE POOL

1080905-01	M	9/9-11/18	9:00-9:45a	9/3	\$15/\$23
------------	---	-----------	------------	-----	-----------

SPARES & STRIKES 🚌

Ages 18 & Up • Head to AMF Little Creek Lanes for bowling fun! Adaptive equipment available. Bring \$4 CASH each week. Shoe rental included. No class 11/11.

LOCATION: AMF LITTLE CREEK LANES

1081005-01	M	9/9-11/18	12:00-1:15p	9/3	\$15/\$23
------------	---	-----------	-------------	-----	-----------

SUNSET HIKES

Ages 18 & Up • Transportation provided from TRC to hiking locations only. Explore different hiking locations throughout Hampton Roads. Must be able to walk on uneven terrain for up to 4 miles. Wear weather appropriate clothing and closed toe walking shoes. Water is required.

LOCATION: THERAPEUTIC RECREATION CENTER

1081205-01	M	9/9,9/23,10/7,10/21,11/4	5:00-7:00p	9/3	\$15/\$23
------------	---	--------------------------	------------	-----	-----------

LET'S DO BRUNCH

Ages 18 & Up • Enjoy a morning brunch, while socializing with friends. Bring a minimum of \$10 each week for brunch. \$10 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1081105-01	M	9/16,10/7,11/4	9:30-11:30a	9/9	\$20/\$30
------------	---	----------------	-------------	-----	-----------

FAMILY GAME NIGHT

Ages 18 & Up • Play traditional games with friends such as Uno, Yahtzee, & more! Refreshments will be served. \$10 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1081305-01	M	9/16,10/14,11/18	6:00-7:30p	9/9	\$20/\$30
------------	---	------------------	------------	-----	-----------

WALKING EXERCISE **NEW!** 🚌

Ages 18 & Up • Enjoy walking 1 to 3 miles with the TRC staff while chatting about life. Dress appropriately for the weather, bring a water bottle & wear clothes comfortable for brisk walking.

LOCATION: THERAPEUTIC RECREATION CENTER

1081605-01	Tu	9/10-10/8	9:00-9:45a	9/3	\$15/\$23
------------	----	-----------	------------	-----	-----------

BRAIN GAMES **NEW!** 🚌

Ages 18 & Up • Stimulate the brain by playing a series of games involving critical thinking, counting, memory & teambuilding. Also, learn how to demonstrate simple magic tricks to peers!

LOCATION: THERAPEUTIC RECREATION CENTER

1081405-01	Tu	10/15-11/12	9:30-10:30a	10/8	\$15/\$23
------------	----	-------------	-------------	------	-----------

TRC SAMPLER **NEW!** 🚌

Ages 18 & Up • Sample ten of our most popular classes including aqua, bowling, ceramics, guided canvas painting, exercise, cooking, gardening & more! Supply fee covers cost of all projects & outings. \$60 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1081505-01	Tu	9/10-11/12	10:00-11:30a	9/3	\$75/\$113
------------	----	------------	--------------	-----	------------

FIT & FUN I

Ages 18 & Up • Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring gym bag with the proper attire to change into as well as a small towel & water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1081705-01	Tu	9/10-11/12	1:00-2:30p	9/3	\$15/\$23
------------	----	------------	------------	-----	-----------

CHAIR EXERCISE 🚌

Ages 18 & Up • Low to moderate exercises to strengthen muscle, increase flexibility & range of motion from your chair. Bring a water bottle & wear tennis shoes & clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

1081805-01	Tu	9/10-11/12	3:00-3:50p	9/3	\$15/\$23
------------	----	------------	------------	-----	-----------

THERAPEUTIC RECREATION

Programs for
individuals with
disABILITIES!

Registration begins 8/26

DEVELOPMENTAL READING

Ages 18 & Up • Improve reading skills using a developmental phonics reading series. Class intended for adults that are able to read, but want to become more proficient in their reading. Participants need to be assessed for reading BEFORE signing up for the class.

LOCATION: THERAPEUTIC RECREATION CENTER

1081905-01	Tu	9/10-11/12	4:30-5:20p	9/3	\$15/\$23
------------	----	------------	------------	-----	-----------

STRETCH AWAY

Ages 18 & Up • Stretch away tension, improve muscle tone & cardiovascular health. Wear tennis shoes & clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

1082005-01	Tu	9/10-11/12	5:30-6:20p	9/3	\$15/\$23
------------	----	------------	------------	-----	-----------

PROBOWLERS

Ages 18 & Up • Bowl without bumpers as a league to improve your independent bowling skills. Bring \$4 CASH each week. Shoe rental included.

LOCATION: AMF LITTLE CREEK LANES

1082105-01	Tu	9/10-11/12	5:15-6:15p	9/3	\$15/\$23
------------	----	------------	------------	-----	-----------

ADVANCED MEDITATION

Ages 18 & Up • Quiet the mind & body while increasing ability to focus & become more mindful through a series of deep breathing exercises followed by discussion.

LOCATION: THERAPEUTIC RECREATION CENTER

1082205-01	Tu	9/10-11/12	6:30-7:10p	9/3	\$15/\$23
------------	----	------------	------------	-----	-----------

MILLION BULB WALK

Ages 18 & Up • Transportation provided from TRC to event site only. Take a walking tour of Norfolk Botanical Gardens Million Bulbs trail. Wear weather appropriate attire. Bring cash for snacks & drink if you desire. \$20 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1082305-01	Tu	11/19	6:00-9:00p	11/12	\$25/\$38
------------	----	-------	------------	-------	-----------

AQUACISE II

Ages 18 & Up • Prereq: Proficiency in Aqua I course or equivalent. Must be able to dress/toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep unassisted. Swimsuits required. Increase mobility & range of motion during this moderate level water workout. Participants can expect a warm-up, cardio workout & cool down.

LOCATION: NORTHSIDE POOL

1082405-01	W	9/11-11/13	9:00-9:45a	9/4	\$15/\$23
------------	---	------------	------------	-----	-----------

TRAILBLAZERS

Ages 18 & Up • Transportation provided from the TRC to event site only. Trailblazers will explore a different hiking trail each class. Bring water, snacks & hiking boots.

LOCATION: THERAPEUTIC RECREATION CENTER

1082505-01	W	9/18-10/9	9:00a-12:00p	9/11	\$15/\$23
------------	---	-----------	--------------	------	-----------

CERAMICS

Ages 18 & Up • Visit the pottery store the first class to purchase enough pieces to paint for the entire 10-week class session. Bring a minimum of \$30 (cash) to purchase pieces. \$10 supply fee included. Supply fee covers use of equipment, a basic paint inventory, as well as firing of pieces. Participants must provide own ceramic pieces & special paints not provided in center inventory. Paint decorative/functional art, try detailed paint strokes & new techniques.

LOCATION: THERAPEUTIC RECREATION CENTER

1082605-01	W	9/11-11/13	10:30a-12:00p	9/4	\$25/\$38
------------	---	------------	---------------	-----	-----------

WEIGHTLIFTING WEDNESDAY **NEW!**

Ages 18 & Up • Come to the TRC for an introduction to weightlifting. Use a squat rack weighted bar to squat, dead lift & bench press. Class will consist of gross motor exercises, strength exercises & a cool down. Water, closed toe shoes & clothes that allow for ease of movement are required.

LOCATION: THERAPEUTIC RECREATION CENTER

1085905-01	W	10/16-11/13	1:00-2:00p	10/9	\$15/\$23
------------	---	-------------	------------	------	-----------

ALL ABOUT NAILS

Ages 13 & Up • Experiment with colors & designs while learning basic nail care & maintenance. \$5 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1080505-01	W	9/11-10/9	4:00-4:50p	9/4	\$20/\$30
------------	---	-----------	------------	-----	-----------

TRC KITCHEN **NEW!**

Ages 18 & Up • Come cook delicious meals to enjoy among fun conversations. \$35 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1083905-01	W	10/23-11/20	4:00-6:00p	10/16	\$50/\$75
------------	---	-------------	------------	-------	-----------

GUITAR LEVEL I

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn modified chords to play familiar tunes.

LOCATION: THERAPEUTIC RECREATION CENTER

1080605-01	W	9/11-11/13	5:00-5:45p	9/4	\$15/\$23
------------	---	------------	------------	-----	-----------

HAUNTED TOURS

Ages 18 & Up • Transportation provided from TRC to event site only. Travel to Haunted Hunt Club Farms for a Haunted Hayride, Field of Screams, & walk through a Haunted Graveyard; you will need \$35 cash for this event. For the second tour we will attend Busch Gardens Howl-O-Scream, you will need \$45 or your seasons pass for this event - class will be 4:30-11p. \$35 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1082905-01	W, Th	10/16, 10/17	6:00-9:00p	10/9	\$42/\$63
------------	-------	--------------	------------	------	-----------

GO GREEN

Ages 18 & Up • Show your community pride by working as a team to keep an adopted Norfolk road green & beautiful.

LOCATION: THERAPEUTIC RECREATION CENTER

1083005-01	Th	9/12-10/10	9:00-9:50a	9/5	\$15/\$23
------------	----	------------	------------	-----	-----------

WEIGHTLIFTING THURSDAY **NEW!**

Ages 18 & Up • Come to the TRC for an introduction to weightlifting. Use a squat rack weighted bar to squat, dead lift & bench press. Class will consist of gross motor exercises, strength exercises & a cool down. Water, closed toe shoes & clothes that allow for ease of movement are required.

LOCATION: THERAPEUTIC RECREATION CENTER

1086105-01	Th	9/12-10/10	10:00-11:00a	9/5	\$15/\$23
------------	----	------------	--------------	-----	-----------

COOKING

Ages 18 & Up • Prepare breakfast, lunch or dinner with real foods that come directly from nature as primary source of nutrition using EV00, spices & good fats. First class is grocery shopping, no lunch provided. \$30 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1083105-01	Th	9/12-10/10	10:00-11:30a	9/5	\$45/\$68
------------	----	------------	--------------	-----	-----------

HISTORY IN THE MAKING **NEW!**

Ages 18 & Up • Enjoy educating your mind & filling your stomach at Norfolk Botanical Gardens, Chrysler Museum & MacArthur Memorial. Bring \$15 each class to purchase brunch or bring a bag brunch.

LOCATION: THERAPEUTIC RECREATION CENTER

1083205-01	Th	10/24-11/7	9:00a-12:00p	10/17	\$10/\$20
------------	----	------------	--------------	-------	-----------

CRAFTS & THINGS **NEW!**

Ages 18 & Up • Come to the TRC for fun crafts that you can take home or share. Wear clothing that can get messy. \$20 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1080805-01	Th	10/24-11/21	10:00-11:30a	10/17	\$35/\$53
------------	----	-------------	--------------	-------	-----------

FIT & FUN II

Ages 18 & Up • Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills & ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring gym bag with the proper attire to change into as well as a small towel & water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

1083305-01	Th	9/12-11/14	1:00-2:30p	9/5	\$15/\$23
------------	----	------------	------------	-----	-----------

THERAPEUTIC RECREATION

Programs for
individuals with
disABILITIES!

Registration begins 8/26

BARRE FITNESS

Ages 18 & Up • Join this ballet inspired workout! Participants will combine functional yoga, Pilates, & ballet moves for a power workout. Wear clothing that allows for ease of movement. Participants may complete class with tennis shoes, barefoot, or socks with grips. Water is mandatory.

LOCATION: THERAPEUTIC RECREATION CENTER

1083405-01	Th	9/12-11/14	3:00-4:00p	9/5	\$15/\$23
------------	----	------------	------------	-----	-----------

GUITAR LEVEL II

Ages 13 & Up • Bring an acoustic guitar & a few picks. Learn full chords to play familiar tunes. Must be able to play chords that are not modified.

LOCATION: THERAPEUTIC RECREATION CENTER

1080705-01	Th	9/12-11/14	5:30-6:15p	9/5	\$15/\$23
------------	----	------------	------------	-----	-----------

WAIST AWAY

Ages 18 & Up • Learn how to become healthier through exercise & proper eating. Participate in group exercise, learn how to make healthy meals & enjoy healthy dinners with peers. \$25 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1083705-01	Th	9/12-10/10	6:30-8:00p	9/5	\$40/\$60
------------	----	------------	------------	-----	-----------

CLUB TRC

Ages 18 & Up • Looking to socialize with friends in the evening? Join the club! Participants will do a variety of activities on Club TRC nights that may include playing games, singing songs, dancing, making crafts & strengthening friendships. Club sandwiches included. \$25 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1083805-01	Th	10/17-11/14	6:30-8:00p	10/10	\$40/\$60
------------	----	-------------	------------	-------	-----------

PUMPKIN DECORATING

Ages 18 & Up • Bring a pumpkin to carve, paint, or bedazzle any way you like. Decorations & carving supplies provided. \$5 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1084105-01	Th	10/17	10:00a-12:00p	10/10	\$10/\$15
------------	----	-------	---------------	-------	-----------

FARMERS MARKET

Ages 18 & Up • Join us at the Farmer's Market to shop for fresh fruits & vegetables, as well as look at the specialty shops. Bring \$20 cash for lunch & frozen yogurt. Extra money for shopping optional. \$5 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1084005-01	Th	11/14	10:00a-2:00p	11/7	\$10/\$15
------------	----	-------	--------------	------	-----------

AQUACISE I

Ages 18 & Up • Prereq: Must be able to dress & toilet independently. No swimming skills needed, but must be comfortable standing in 4' water unassisted. Swimsuits required. Increase mobility & range of motion during this gentle water workout.

LOCATION: NORTHSIDE POOL

1084205-01	F	9/13-11/15	9:00-9:45a	9/6	\$15/\$23
------------	---	------------	------------	-----	-----------

CYCLING

Ages 18 & Up • Prereq: Must be able to bike independently. Enjoy a fall morning biking around local parks in the Hampton Roads area. Learn the basics of bike safety, including rules of the road, helmet safety, parts of the bike & riding on various terrains. Own bike & helmet required!

LOCATION: THERAPEUTIC RECREATION CENTER

1084305-01	F	9/13-10/11	9:00-11:30a	9/6	\$15/\$23
------------	---	------------	-------------	-----	-----------

BOOT CAMP

Ages 18 & Up • Classes consist of a warm-up, strength training, cardio & cool-down. Designed to make you sweat with a high-intensity workout. Wear tennis shoes, clothing that allows for ease of movement & bring water bottle.

LOCATION: THERAPEUTIC RECREATION CENTER

1084505-01	F	9/13-11/15	1:30-2:30p	9/6	\$15/\$23
------------	---	------------	------------	-----	-----------

POTTERY & SCULPTING

Ages 18 & Up • Explore your artsy side by molding pieces of clay using your hands and imagination. \$15 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1082805-01	F	10/18-11/15	1:30-2:30p	10/11	\$30/\$45
------------	---	-------------	------------	-------	-----------

BEGINNER KNITTING

Ages 18 & Up • Enjoy hot chocolate as you learn the basics of knitting by completing a scarf. Bring \$15 to the first class to purchase knitting needles & yarn. \$2 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1083605-01	F	9/13-11/15	2:30-3:20p	9/6	\$17/\$26
------------	---	------------	------------	-----	-----------

OUT TO THE THEATRE

Ages 18 & Up • Transportation provided from the TRC to event site only. Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program. Enjoy three Friday evenings out to the theater with friends from the TR Center! Show, venue, & cost will be announced as each outing draws close. \$30 trip fee included. Trip fee includes cost of the 2nd outing to see the play Little Mermaid presented by the Hurrah Players at the Roper Theater.

LOCATION: THERAPEUTIC RECREATION CENTER

1084605-01	F	9/13,10/11,11/15	6:00-10:00p	9/6	\$40/\$60
------------	---	------------------	-------------	-----	-----------

BUSCH GARDENS HOWL-O-SCREAM

Ages 18 & Up • Transportation provided from TRC to event site only. Spend a spooky day at Busch Gardens enjoying rides, shows, frights, & good food with friends. Participants must bring: I.D., current seasons pass or an estimated \$45 cash to purchase discounted day pass, additional \$25 for drinks, snacks & dinner & a refillable Busch Gardens cup if applicable for discounted drinks. \$15 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1084805-01	F	10/4	12:30-10:00p	9/27	\$20/\$30
------------	---	------	--------------	------	-----------

A DAY ON THE FARM NEW!

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy a day on the farm learning how to take care of animals, including feeding & grooming horses, a hay ride & picnic lunch. Bring a bag lunch & \$10 for hayride. Closed toed shoes required.

LOCATION: THERAPEUTIC RECREATION CENTER

1084705 01	Sa	9/28	10:00a-3:00p	9/20	\$5/\$8
------------	----	------	--------------	------	---------

TRC BONFIRE

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy an evening of campfire food & stories at the TRC Bonfire. \$10 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085005-01	Sa	11/2	5:30-8:00p	10/25	\$15/\$23
------------	----	------	------------	-------	-----------

NUTRITION FOR LIFE

Ages 18 & Up • The dietary/lifestyle coach comes to your home for three classes & discuss dietary routines to help manage your weight & improve overall health by preparing homemade meals. Caregiver/guardian is highly recommended to attend. \$50 supply fee is included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085105-01	TBD	9/9-11/15	TBD	9/3	\$60/\$90
------------	-----	-----------	-----	-----	-----------

WHISKERS & TAILS

Ages 18 & Up • Schedule 5 independent sessions with one of our therapy dogs. Bring a book to read to our furry friend or simply enjoy petting & chatting with the best listener in town.

LOCATION: THERAPEUTIC RECREATION CENTER

1082705-01	TBD	9/9-11/15	TBD	9/3	\$15/\$23
------------	-----	-----------	-----	-----	-----------

HOLIDAY PROGRAMS (DECEMBER):

HOLIDAY GIFTS

Ages 18 & Up • Spend two days making special gifts for your family & friends! \$15 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085605-01	Tu, W	12/3, 12/4	10:00a-12:00p	11/26	\$22/\$33
------------	-------	------------	---------------	-------	-----------

HOLIDAY BAKING

Ages 18 & Up • Have you ever wanted to bake holiday goodies from scratch? Learn how while enjoying the sweet-smelling aroma of fresh baked treats. \$20 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085405-01	Th, F	12/5, 12/6	1:00-3:00p	11/27	\$27/\$41
------------	-------	------------	------------	-------	-----------

THERAPEUTIC RECREATION

Registration begins 8/26

BUSCH GARDENS CHRISTMASTOWN

Ages 18 & Up • Transportation provided from TRC to event site only. Spend a magical evening at Christmas Town in Busch Gardens with friends. Cost of admission will be announced. Bring an additional \$25 for dinner & hot drinks. Dress warm! \$20 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1084905-01	Sa	12/7	11:00a-10:00p	11/27	\$25/\$38
------------	----	------	---------------	-------	-----------

HOLIDAY ORNAMENT MAKING

Ages 18 & Up • Spend two days making unique ornaments for your family & friends! \$13 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085505-01	Tu, W	12/10, 12/11	10:00a-12:00p	12/3	\$20/\$30
------------	-------	--------------	---------------	------	-----------

HOLIDAY EXERCISE

Ages 18 & Up • Perform a variety of low to moderate exercises to strengthen muscle, increase flexibility & range of motion & much more while working out to holiday jams. Bring a water bottle, wear tennis shoes & clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

1085205-01	Tu, Th	12/10-12/19	2:00-3:00p	12/3	\$15/\$23
------------	--------	-------------	------------	------	-----------

MAKE HOLIDAY MUSIC *NEW!*

Ages 18 & Up • Equipment optional. You may bring your guitar, shake your tambourine or maracas, or raise your voice. Come show off your holiday spirit through music! Enjoy dinner with your friends after playing traditional holiday songs. \$5 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1083505-01	Th	12/12	5:30-7:00p	12/5	\$10/\$15
------------	----	-------	------------	------	-----------

HURRAH FOR THE HOLIDAYS

Ages 18 & Up • Transportation provided from TRC to event site only. Get in the holiday spirit as we visit the Roper Theater to see the Hurrah Players sing & dance to joyful holiday classics. Bring along a few dollars if you wish to buy a snack during intermission. \$20 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085705-01	F	12/13	6:00-10:00p	12/6	\$25/\$38
------------	---	-------	-------------	------	-----------

HOLIDAY LIGHTS TOUR

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy the Holiday Lights Tour through the Botanical Gardens & a sweet treat. \$10 trip fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1084405-01	W	12/18	6:00-8:30p	12/11	\$15/\$23
------------	---	-------	------------	-------	-----------

HOLIDAY KARAOKE *NEW!*

Ages 18 & Up • Come sip on hot chocolate as we sing along to holiday tunes. \$2 supply fee included.

LOCATION: THERAPEUTIC RECREATION CENTER

1085305-01	Th	12/19	5:00-6:00p	12/12	\$7/\$11
------------	----	-------	------------	-------	----------

VISUAL ARTS

YOUTH ART

CLAY SCULPTURE FOR TEENS

Ages 12-17 • Clay sculpture is a world of fun; explore texture, glazing and special techniques. Instructed by Virginia VanHorn.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110301-01	M	9/9-10/28	6:30-8:30p		\$50/\$75
------------	---	-----------	------------	--	-----------

PRINTMAKING

Ages 9-17 • Carve an image into linoleum block and charge it with ink to print endless multiples of your very own original artwork. Instructed by Virginia VanHorn.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110901-01	M	9/9-10/28	4:00-6:00p		\$50/\$73
------------	---	-----------	------------	--	-----------

ADULT ART

CLAY HANDBUILDING /INTERMEDIATE /ADVANCED

Ages 18 & Up • Prerequisite: must have clay experience. This class includes demonstrations with instructor guidance. Instructed by Patricia Isenhour.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110502-01	Th	9/12-10/31	10:00a-12:30p		\$50/\$75
------------	----	------------	---------------	--	-----------

COLLAGE AND BEESWAX

Ages 18 & Up • Collage with layers of beeswax using vintage photographs, postcards, stamps, special papers, ribbons, text, found objects, and jewelry. Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1110602-01	M	10/21-11/25	6:30-8:30p		\$45/\$68
------------	---	-------------	------------	--	-----------

ENAMELING

Ages 18 & Up • Classical techniques & applications of enameling, combining the process with traditional jewelry making. Instructed by Hillary Davenport.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1111502-01	W	9/11-10/30	1:00-3:30p		\$55/\$83
------------	---	------------	------------	--	-----------

FELTMAKING IN THE FALL

Ages 18 & Up • Felt is created by pressing gorgeous blended fibers together into an original design. Try sewing and felting to create a one of a kind piece of artwork. Instructed by Leigh Babcock

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1111702-01	M	9/16-10/14	6:30-8:30p		\$45/\$68
------------	---	------------	------------	--	-----------

FUNCTIONAL CLAY HANDBUILDING

Ages 18 & Up • This class includes demonstrations using slabs and coils to make functional pieces. Instructed by Pam Gray.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1115802-01	T	9/10-11/12	6:30-8:30p		\$50/\$75
------------	---	------------	------------	--	-----------

HOT GLASS

Ages 18 & Up • Learn to fuse together beautiful colored stained glass into one-of-a-kind artwork. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1111002-01	F	9/13-11/1	10:00a-12:30p		\$50/\$75
------------	---	-----------	---------------	--	-----------

MOSAICS

Ages 18 & Up • Begin with an introductory project to learn the easy technique of Mosaic Art. Upon completion, choose a personal project: wooden birdhouse, a frame, a small table, pre-poured stepping stone, or sculpture and more! Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1111802-01	Th	9/12-10/31	10:00a-12:30p		\$50/\$75
------------	----	------------	---------------	--	-----------

OIL PAINTING

Ages 18 & Up • Experience the depth and vibrancy of oil paint. Easels required for intermediate and advanced students. Instructed by Thomas Murphy.

LOCATION: FAIRLAWN RECREATION CENTER

1112302-01	Th	9/12-11/14	10:00a-12:00p		\$40/\$60
------------	----	------------	---------------	--	-----------

1112302-02	Th	9/12-11/14	12:30-2:30p		\$40/\$60
------------	----	------------	-------------	--	-----------

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1112302-03	M	9/9-11/18	6:30-8:30p		\$40/\$60
------------	---	-----------	------------	--	-----------

OPEN STUDIO QUILTING

Ages 18 & Up • Experience required and ability to work without an instructor. Participants required to bring sewing machine if so desired.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1114102-02	Tu	9/10-10/29	6:00-8:30p		\$30/\$45
------------	----	------------	------------	--	-----------

1114102-01	M	9/9-10/28	10:00a-12:30p		\$30/\$45
------------	---	-----------	---------------	--	-----------

VISUAL ARTS

**\$5 late fee applies to registration
7 days or less prior to class start date.**

Registration begins 8/26

OPEN STUDIO SEWING

Ages 18 & Up • Experience required and ability to work without an instructor. Participants required to bring sewing machine if so desired.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1114302-01	Th	9/12-10/31	10:00a-12:30p	\$30/\$45
1114302-02	Th	9/12-10/31	6:00-8:30p	\$30/\$45

ORIENTAL BRUSH PAINTING/SUMI-E

Ages 18 & Up • Bring nature to life, express the essence of a painting with the beauty and grace of simple brush strokes. Instructed by Mike Lane.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1112502-01	W	9/18-11/06	10:00a-12:30p	\$45/\$68
1112502-02	W	9/18-11/06	1:00-3:30p	\$45/\$68

PAINTING/OPEN STUDIO

Ages 18 & Up • Painting experience required and ability to work independently without instructor. Participants are required to bring easel.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1112702-01	Tu	9/10-10/29	10:00a-12:30p	\$35/\$53
1112702-02	Tu	9/10-10/29	1:00-3:30p	\$35/\$53
1112702-03	F	9/13-11/1	10:00a-12:30p	\$35/\$53
1112702-04	F	9/13-11/1	1:00-3:30p	\$35/\$53

POTTERY ON THE WHEEL/ALL LEVELS

Ages 18 & Up • Learn how to center, throw and glaze; understand special techniques and safety management. Instructed by Pam Gray.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1113302-02	W	9/11-11/13	10:00a-12:00p	\$50/\$75
1113302-03	W	9/11-11/13	6:30p-8:30p	\$50/\$75

POTTERY ON THE WHEEL/ADV

Ages 18 & Up • Prerequisite: Intermediate course or equivalent. Schedule a meeting with instructor for permission to join. Those without permission will be removed. Develop new skills while focusing on simplicity of form, balance proportion. Instructed by Mildred Tickle.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1113702-01	F	9/13-11/15	10:00a-12:00p	\$50/\$75
------------	---	------------	---------------	-----------

PRINTMAKING

Ages 18 & Up • Gain exposure to a multitude of printmaking techniques. Explore linoleum block printing as well as monotype methods. Instructed by Virginia VanHorn.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1115702-01	Sa	9/14-11/2	10:00a-12:30p	\$50/\$75
------------	----	-----------	---------------	-----------

SILVER JEWELRY/BEGINNING

Ages 18 & Up • Learn the basics of metalsmithing from designing to creating functional pieces of jewelry. Instructed by Hillary Davenport.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1114702-02	Th	9/12-10/31	6:00-8:30p	\$55/\$83
1114702-01	M	9/9-10/28	10:00a-12:30p	\$55/\$83

SILVER JEWELRY/INTERMEDIATE/ADV

Ages 18 & Up • Prerequisite: Intro to Jewelry or equivalent. Expand techniques with more complex, detailed metalsmithing processes. Instructed by Hillary Davenport.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1114902-01	Tu	9/10-10/29	10:00a-12:30p	\$55/\$83
1114902-02	Tu	9/10-10/29	6:00-8:30p	\$55/\$83

SILVER JEWELRY/OPEN STUDIO

Ages 18 & Up • Enjoy studio time to create freely. Instructor guidance available by Hillary Davenport.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1115402-01	Sa	9/14-11/02	10:00a-12:30p	\$55/\$83
------------	----	------------	---------------	-----------

STAINED GLASS/BEGINNING

Ages 18 & Up • Beginning projects include glass-cutting, copper foil technique, lead coming and soldering. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1115102-01	W	9/11-10/30	6:00-8:30p	\$55/\$83
------------	---	------------	------------	-----------

STAINED GLASS/INTERMEDIATE/ADV

Ages 18 & Up • Two classes shared in one night! Participants must complete Stained Glass Beginning. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1115302-01	M	9/9-10/28	6:00-8:30p	\$55/\$83
------------	---	-----------	------------	-----------

THE ART OF REPOUSSE **NEW!**

Ages 18 & Up • Learn the art of Repousse which involves "drawing on metal" by pushing thin metal into designs to create unique works that can then be mounted to hard surfaces. Create unique picture frames, wall hanging, decorate furniture, or anything you wish or adorn with your own metal designs. Instructed by Hillary Davenport.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1115202-01	W	9/11-10/30	10:00a-12:30p	\$55/\$83
------------	---	------------	---------------	-----------

WORKSHOPS

ASSEMBLAGE **NEW!**

Ages 18 & Up • Assemblage is a form of sculpture comprised of found objects, arranged in such a way to create an original artwork. Instructed by Virginia VanHorn.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1382502-01	S	10/12-10/19	10:00a-1:00p	\$35/\$53
------------	---	-------------	--------------	-----------

GLASS FUSED HOLIDAY ORNAMENTS

Ages 18 & Up • Just in time for the holidays; learn to cut stained glass and create an original ornament. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1380302-01	T	10/29-11/5	2:00p-4:00p	\$35/\$53
------------	---	------------	-------------	-----------

JUNK JEWELRY

Ages 18 & Up • Reinvent your costume jewelry! A beginner friendly workshop-no jewelry skills necessary. Instructed by Hillary Davenport.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1380802-01	W	10/2-10/9	10:00a-1:00p	\$35/\$53
------------	---	-----------	--------------	-----------

METAL FLOWERS **NEW!**

Ages 18 & Up • Design and create your own flower out of metal using metalsmithing. Instructed by Hillary Davenport.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1382102-01	F	10/11-10/18	10:00a-1:00p	\$40/\$58
------------	---	-------------	--------------	-----------

THREE MODELS THREE SATURDAYS!

Ages 18 & Up • Paint or draw three models three Saturdays. Ability to work independently without instructor. Participants required to bring portable easels if so desired.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

1382402-01	Sa	10/5-10/19	10:00-12:30p	\$30/\$45
------------	----	------------	--------------	-----------

SPECIAL EVENT FOR VISUAL ARTS

THE PAUL STREET GALLERY PRESENTS "POUR" A POTTERY AND CLAY HANDBUILDING EXHIBITION

Opening September 14th 10:00am-1:00pm, exhibition runs through November 15th

LOCATION: TITUSTOWN RECREATION AND VISUAL ARTS CENTER

Cost: FREE AND OPEN TO THE PUBLIC Call (757) 441-1227 for more information

SPECIAL EVENTS

Registration begins 8/26

SENIOR EVENTS

MAKE A KITE, FLY A KITE

September 19, 10:00am-12:00pm

LOCATION: EAST OCEAN VIEW COMMUNITY CENTER AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

SWAP A THON

September 24, 10:00am-12:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

60'S, 70'S 80'S FALL SOCK HOP

September 27, 3:00pm-6:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1765 for more information

MAKE A HALLOWEEN MASK

October 14, 10:00am- 2:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

FALL CARNIVAL

October 14, 10:00am-2:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

PINK POWER SURVIVOR PARTY

October 15, 10:00am-1:00pm

LOCATION: SOUTHSIDE SENIOR CENTER

Cost: Free Call (757) 664-6484 for more information

FALL CRAFT - PILLOW MAKING

October 31, 10:00am- 2:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

FALL CRAFT - HOLIDAY WREATH MAKING

November 7, 10:00am-12:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

VETERANS DAY TRIBUTE

November 8, 10:00am-1:00pm

LOCATION: SOUTHSIDE SENIOR CENTER

Cost: Free Call (757) 664-6484 for more information

BUNCO

November 14-28, (Every 2nd Thursday) Time: 12:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

COMMUNITY CRAFT EXHIBIT & FAIR

November 19, 10:00am-1:00pm, LOCATION: SOUTHSIDE SENIOR CENTER

Cost: Free Call (757) 664-6484 for more information

THE PRICE IS RIGHT - THANKSGIVINGS EDITION

November 19, 12:00pm-2:00pm

LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

DOLLAR DAYS

November 25, 10:30am, LOCATION: EAST OCEAN VIEW-COMMUNITY AND SENIOR CENTER

Cost: Free Call (757) 441-1785 for more information

ENVIRONMENTAL EVENT

NORFOLK ARBOR DAY

October 5, 10:00am-2:00pm

LOCATION: LAFAYETTE PARK

Cost: Free Call (757) 823-4291 for more information

MUSIC & DANCE EVENTS

FALL MUSIC RECITAL/PARTY

November 16, 3:00pm-5:00pm

LOCATION: LAKEWOOD DANCE AND MUSIC CENTER, 1612 WILLOW WOOD DRIVE

For youth music students enrolled in the Fall 2019 session only.

Cost: Free Call (757) 441-5833 for more information

2019 LAKEWOOD DANCE MAGIC RECITAL

November 23, 5:00pm-8:00pm

LOCATION: HARRISON OPERA HOUSE, 160 W. VIRGINIA BEACH BLVD, NORFOLK VA 23510

Cost: \$10.00 per person, tickets can be purchased through Ticketmaster

Call (757) 441-5833 for more information

CEMETERY EVENTS

Cemetery Tours: \$5 suggested donation per person.

Info & Weather Cancellations: Visit norfolksocietyforcemeteryconservation.org

LOCATION FOR THESE EVENTS: ELMWOOD CEMETERY, 238 E. PRINCESS ANNE RD.

ORDEAL BY INNOCENCE - BEING A CHILD IN THE VICTORIAN ERA CEMETERY TOUR

August 2, 6:30-8:00pm. Join tour guide Shannon Stafford as he explains what childhood was like during the Victorian Period.

ART OF DEATH-VICTORIAN SYMBOLS AND STATUES OF ELMWOOD CEMETERY

August 16, 6:30-8:00pm, September 20 - 6-7:30 pm. Join tour guide Shannon Stafford as he deciphers the secret language of Victorian headstone symbols and statues of Elmwood Cemetery.

AGE OF AGONY- PERILS & PRACTICES OF VICTORIAN MEDICINE CEMETERY TOUR

August 23, 6:30-8:00pm. Join tour guide Shannon Stafford as shares stories of diseases, Victorian operating rooms, hospital histories and doctors oh my!

WHEN DUTY CALLS - HONORING FIRST RESPONDERS CEMETERY TOUR

September 6, 6:00-7:30pm. Join tour guide Shannon Stafford as he highlights the heroes that keep us safe every day.

HISTORY, MYSTERY, MURDER AND MAYHEM CEMETERY TOURS

October 18, 25, November 1 - 5:00-7:00pm. Join local historian Robert Hitchings and discover Norfolk's link to the world's most notorious murderers. Resurrect long forgotten tales of crime and chaos and learn where bodies are buried. Explore hauntingly beautiful memorial art and architecture. Material may not be suitable for children under the age of 12.

FROM HERE TO ETERNITY 5K TWILIGHT RUN-WALK

October 19, 5:00pm. Join the Norfolk Society for Cemetery Conservation (NSCC) and support important conservation efforts for Norfolk's historic cemeteries. Elmwood & West Point Cemeteries. 238 E. Princess Anne Rd. Prizes, medals and a Victorian-Era themed costume contest at 4 p.m. Check-in 3:30-4:30 p.m. <http://www.norfolksocietyforcemeteryconservation.org/>

NSCC VOLUNTEER WORKDAYS - NORFOLK SOCIETY FOR CEMETERY CONSERVATION

Check for dates on the NSCC calendar at <http://www.norfolksocietyforcemeteryconservation.org/> Elmwood Cemetery, 238 E. Princess Anne Rd.

Tasks include landscape maintenance, beautification projects, and monument restoration and cleaning.

LOCATION FOR THIS EVENT: CEDAR GROVE CEMETERY, 238 E. PRINCESS ANNE RD.

HISTORIC CEDAR GROVE CEMETERY TOUR

August 9, Sept 13 - 6:00-7:30pm. This tour of Norfolk's oldest cemetery lets visitors peer through a portal to the past, led by tour guide Mike Frost.

UNFORESEEN CIRCUMSTANCES - TALES OF MISFORTUNE CEMETERY TOUR

October 5, October 12 - 2:00-3:30pm

Join tour guide Shannon Stafford as he introduces you to stories of strange deaths and occurrences. Come and enjoy this Halloween themed tour.

HOW TO REGISTER

This information is not all-inclusive. Visit Norfolk.gov/play for a complete version of registration policies and procedures.

- Registration is available at Norfolk.gov/play and in person. Full payment must be made at time of registration.
- Courses are filled on a first-come, first-served basis.
- Payment is accepted by VISA/Mastercard, or money order made payable to Norfolk City Treasurer. Personal checks are not accepted. Current photo I.D. required.
- Payment for Therapeutic Recreation courses is accepted by VISA/Mastercard, check, or money order made payable to Norfolk City Treasurer. Current photo I.D. required.
- Registration may be accepted up to 7 days after class start date, if space is available.
- A \$5 late fee applies to registration 7 days or less prior to class start date.

WHEN TO REGISTER

Norfolk Residents • Begins Monday, August 26 at 10:00 a.m.

Non-Residents • Begins Tuesday, September 3 at 10:00 a.m.

Therapeutic Recreation • Registration for residents begins Monday, August 26, promptly at 9:30a by lottery registration process. Lottery tickets distributed from 9:00a-9:30a. Arrive no earlier than 8:30a. Non-residents registration takes place Tuesday, Sept. 3.

Proof of Residency: Virginia driver's license/state ID; utility bill or lease agreement + out-of-state driver's license/state ID or military ID.

REFUND POLICY:

Refunds will be issued in the event of the following ONLY:

- Course cancellation by RPOS
- Deployment
- Illness/injury requiring the individual to discontinue participation.
- Death

Documentation will be required. Accounts will not be issued a credit in lieu of a refund. Refund will be pro-rated in the event it takes place after the start of the course.

ADDITIONAL INFO:

- If a student misses a class, RPOS will try to accommodate a make up session; no make-up classes are guaranteed.
- Class sessions may occasionally be cancelled due to unexpected circumstances. Every attempt will be made to contact participants and to schedule a make-up session for the class. Ensure contact information is current with instructor.
- \$5 late fee applies to registration 7 days or less prior to class start date.

ONLINE REGISTRATION INSTRUCTIONS

1

Visit Norfolk.gov/Play

2

Click the
"Online Registration Tab"

3

Login & start shopping!

MEET THE RPOS COMMISSION

The RPOS Commission serves in an advisory capacity to the RPOS Director. Appointed by City Council, the commission serves as Council's eyes and ears in the community, determining the recreation needs and desires of citizens.

Contact the commission at RPOS@Norfolk.gov.



Michael S. O'Hearn
Retired Capt. US Navy, Chair



Virginia Alberts



David Dearborn



Gregg Mottinger



Darrick Person



Stephen Powell



Debra Rocke

We want to welcome Nathaniel Kinnison, our newly appointed commission member, May 2019 (not pictured).

REGISTRATION

ONLINE REGISTRATION IS EASY! SEE P19.

WHERE DO I REGISTER?

COURSE CATEGORY	IF COURSE IS HELD AT:	REGISTER AT:	PHONE#	ADDRESS
Aquatics	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
Aquatics	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
Aquatics	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
Aquatics	Southside Aquatic Center	Southside Aquatic Center	(757) 333-3281	1750 Campostella Rd.
Arts & crafts	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
Dance	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Fitness	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
Music	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Seniors	Any Site Listed	East Ocean View Community Center	(757) 441-1767	600 E. Ocean View Ave.
Martial Arts	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
Technology	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Therapeutic Recreation	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.

CLASS REGISTRATION FORM

I have read & accept the refund policy on page 19.

Participant Name (or Parent/Guardian if participant under 18) _____

Address, City, State, Zip Code _____

Phone Numbers (Day) _____ (Evening) _____ E-mail Address _____

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/ YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.

Please hand-deliver this completed registration form to the respective activity site (see chart below). Make check payable to Norfolk City Treasurer.

Total Amount Due \$ _____

No cash accepted.

Form of payment: Check Money Order

Check/Money Order # _____

Emergency Contact Name: _____ Phone Number: _____ Relationship: _____

Medical Treatment Permission & Acknowledgment of Risks: In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS) I, for myself or on behalf of the participant I represent, authorize the City of Norfolk employees to take and provide emergency care or assistance in the event of illness or injury while participating or being transported to/from an RPOS-sponsored activity. I have read the policies as they pertain to this activity. I acknowledge and assume the risks and responsibilities associated with this activity.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____

Photo Permission Release Agreement: OPTIONAL. I understand that I, or the participant I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videos in promotional collateral and campaigns. I further waive any compensation for publishing and/or printing such photographs. I attest to having read, fully understand, and agree to the condition as set forth above.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____

VISA, Mastercard, checks and money orders (made payable to Norfolk City Treasurer) accepted.